

FCS Newsletter

January 2023

Family & Consumer Sciences



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

Cooperative Extension Service

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Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences
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Interested in becoming a Harrison County Homemaker?
Stop by the Harrison County Extension Office to pay your dues and receive a Shop Cynthiana Discount Card. See Downtown Edition on page 9 for featured business of the month: Appalachian Roots



The Gear Shack \$5 off Purchases	Molly R's 20% off \$20 or more	Abstract Distractions \$5 off purchase of \$30 or more	Melinda's Boutique 10% off purchase of \$50 or more
The Next Chapter Bookstore 10% off purchase	Flower Depot 20% off purchase excluding fresh flowers	Emerson Street Boutique 15% off entire purchase	Dayve Did it 15% off Entire Purchase
Uptiques 10% off Retail Price (excludes Howard Furniture & Haggerty Silver Products)	Printed Vinyl for You 10% off entire purchase (excludes epoxy)	Main Cup 10% off \$20 or more	A Little Bit Personal Style 10% off engraved items (excludes sale)
488 Gift House 20% off entire purchase (excludes sale items)	Cheese Store: 10% off menu items; 2 free baby soap kit	The Sweet Boutique 15% off any purchase	Tay's Cloth Peddler 10% off storewide (excludes sale items)
	Appalachian Root Works Free Soap With \$30 Purchase	Frames 'N' Christian Things 20% off Framing (floor 2023 only)	Dalley Gint 20% off purchases

The Headlines

ITS BACK!



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Cultural Series

MARK YOUR CALENDARS

Call 859-234-5510 to rsvp

GREECE

January 13
10am-noon OR 5-7pm



FRANCE

February 10
10am-noon OR 5-7pm



SPAIN

March 10
10am-noon OR 5-7pm



Located at the Harrison County Extension Office

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, national 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.



LET'S TALK ABOUT IT
KEYS TO GREAT COMMUNICATION
JANUARY LEADER LESSON



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January 23rd Noon - 1pm
Harrison County Extension Office
*Lunch provided
Call to sign-up 859-234-5510



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Finger Knitting

with Louann Fryman

January 16 10am-noon

or

January 18 6-8pm

*Bring 2 skeins
of loop it yarn

@ Harrison County Extension Office
Call 859-234-5510 to sign up





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Happy

NEW YEAR

2023



YOU INVITED TO JOIN THE

Maiden Makers

for our fourth meeting:

Monday, January 23rd, 6:30-7:30 p.m.

at the extension office

We are a new Homemakers group!

Our goals are to learn new skills, help with community service projects, and provide a little escape for our members to be creative and try new things!

Want to come, but don't have childcare? No worries, your children are welcome to come. See you there!



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MEN'S HOMEMAKER



Harrison County
Extension Office
Lunch provided
RSVP: 859-234-5510

JANUARY 20 NOON-1

— Help dress kids around the world —

International Sewing Day

With Rita Hardman

No materials needed
No sewing experience needed
Caring volunteers needed!
*Lunch will be provided



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Please rsvp by Friday,
February 3rd
Call: 859-234-5510

Tuesday, February 7th
10am-2pm
@ Harrison County Extension Office

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FOR BEGINNERS

Charcuterie Board & Summer Sausage

January 26, 2023

Fairgrounds McCauley Building
10am - Noon -OR- 5:30-7:30pm

Call to sign up 859-234-5510
Space is limited!






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Beginners are welcome
Adult Knitting
 WITH LOUANN FRYMAN
 From basic to advanced technique

JANUARY 5TH AND 19TH AT 4:30PM
HARRISON COUNTY EXTENSION OFFICE

CALL TO RSVP 859-234-5510



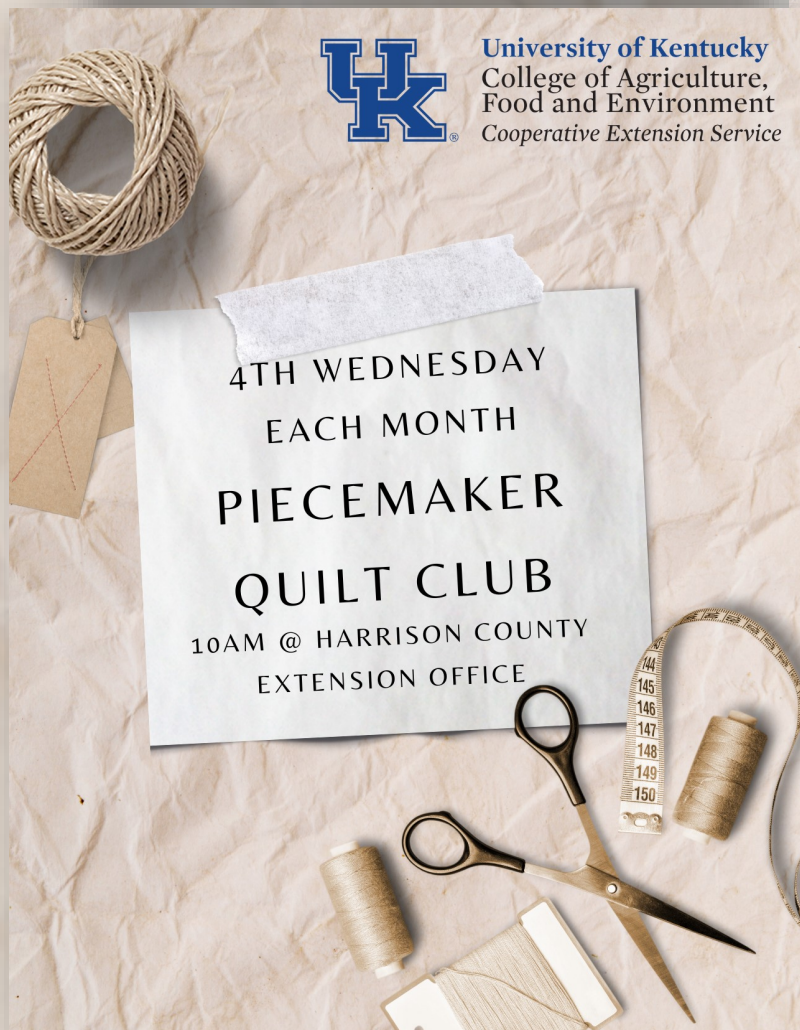
Adult Scrapbooking
 With Jennie Sparks and Teresa Stinson


4th Thursday of the Month
@ Harrison County Extension Office

January 26th
9am-noon


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believe you do our cho ll become




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4TH WEDNESDAY
EACH MONTH
PIECEMAKER
QUILT CLUB
 10AM @ HARRISON COUNTY
 EXTENSION OFFICE



Crafty Scrappers
with Jenny Tapp
January 20

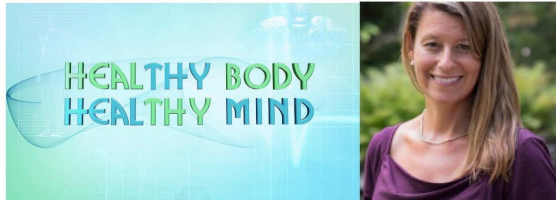

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3rd Fridays of the Month
@Harrison County Extension Office
6pm

Greetings!

NEP Happenings: Harrison County Gets Healthy

RSVP by January 20, 2023



Healthy Mind, Healthy
January 30, 2023 at 5:30pm

At The Harrison County Extension Office

Join us February 27, 2023 at 5:30 pm at The Harrison County Extension Office as Jackie Campbell Carroll will join us for a workshop on meditation and chair yoga. Jackie has her MS, TTS, NBC-HWC, Nia White Belt, RYT500, and Koru from the University of Kentucky

Jackie earned a bachelor's degree in Exercise Science and a master's in Health Promotion. Her vast experience in wellness over the past 20 years allowed her to gain experience in a wide array of areas: worksite wellness, corporate wellness and independent business. She holds multiple certifications related to fitness and holistic health; she is a certified health & wellness coach, a tobacco treatment specialist, a 200-Hour Registered Yoga Teacher (currently pursuing a 500-hour RYT certification) and a Nia Dance White Belt. Jackie's passion is to encourage people to see and live in their truest essence as it relates to health and well-being. She encourages people to nourish body, mind and spirit and to live freely and lightly as our souls were meant to live.

This is a free event however you must RSVP By January 23, 2023
Call 859-234-5510
Doors will open at 5pm. A light dinner will be served



with
Stacey Stephens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Office Closed	3	4	5	6	7 My Plate Harrison County Extension Office 9:30 am Loaded Beef Stroganoff
8	9	10	11	12 Better on a Budget Hope's Helping Hand 10am Cabbage Roll Soup	13	14
15	16 Office Closed	17 Know the Limits Harrison County Public Library 5pm Slow Cooker Smoky Black- Eyed Peas	18	19 Learn about Food Labels Harrison County Public Library 11am Apple Grill Cheese	20	21
22	23	24	25	26 My Plate Hillside Apartments 1:30 Chicken & Dumpling Soup	27	28
29	30 Breakfast Lesson Ebenezer United Methodist Church 10:30 Breakfast Hash	31				



MARK YOUR CALENDAR

It's a month full of activities designed to support heart health for women!

Friday, February 3

National Go Red for Heart Disease Awareness Day
 Paint the Town Red
 Go Red Harrison County
 Go Red Harrison County Schools

Sunday, February 12

Wear Red to Church Day

Monday, February 27

Harrison County Go Red Celebration Event
 5:00 p.m.
 The McCauley Building, Harrison County 4-H Fairgrounds
 Doors open at 4:30 p.m. Dinner will be served at 5:45 p.m. Speaker begins at 6:00 p.m.
 Please RSVP by calling (859) 234-5510 no later than February 22.

Guest Speaker: HMH Cardiologist Matthew Shotwell, M.D.
 Light dinner provided by the Go Red Committee. Heart-healthy informational booths will be available. Stroke risk screenings, diabetes risk screenings and hands-only CPR training will be provided by the Harrison Memorial Hospital Nursing Department.

Door Prize: Any Meal for Two
 at one of the reservation-only events
 at Ashford Acres will be awarded



Blood Drive: January 7th; 9am-2pm @
 McCauley Building Fairgrounds



MICRO

GROW YOUR OWN

GREENS

Join us on Tuesday, January 17
at 10:00 a.m. or 5:30 p.m.
to learn how to grow and use your own microgreens!

Harrison County Extension Office

Call to Register - 859-234-5510



LAUGH & LEARN

January 6th
February 3rd
March 3rd

10-11am

@ the Harrison County Extension Office

- AGES 3-5
- MUST ATTEND WITH PARENT/GUARDIAN
- PRESCHOOL ACTIVITIES
- FOOD, FUN, LEARN



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FCS Extra

Physical Activity tip of the month: Engage the whole body

Exercise engages the Human Movement System which is made up of 3 components; nervous system, muscular system, and skeletal system. Together these systems use support mechanisms such as cardiorespiratory, digestive, and endocrine systems to function. The nervous system tells the musculoskeletal system how to move. The muscular system receives messages from the brain to shorten or lengthen muscle fibers which creates movement for the skeletal system. Bones and joints comprise the skeletal system. Physical activity focusing on a specific area can benefit multiple aspects of the body (McGill, 2019).



Downtown Edition

Interested in joining Harrison County Homemakers? Membership is \$8 and can be paid year-round. Stop by the Harrison County Extension Office to sign up and walk out with your Shop Cynthiana Discount card.

Featured business of the month:

This Downtown Edition features businesses from the Shop Cynthiana discount card. The business of the month is Appalachian Root Works

Appalachian Root Works began as a need that its owner and creator, Carla Fortner, saw within herself and the community as a whole. Fortner had recently moved into the community, and as she saw the community grow, she realized she herself was missing a big part of her former life. “I eventually considered what I’d like to do to contribute a bit of love and light into this community we now call home. I missed yoga and the metaphysics community!! I missed that warm welcome into a space of non-judgment. I missed my ‘people!’” This longing gave birth to not only a storefront within the Cynthiana landscape in 2019 but a community of people looking for an experience that you can’t find anywhere else. One reviewer states, “Carla and her shop are nothing if not a fresh breath of air! They are always welcoming and give the best hugs in town. You are a light in dark times!” Another states, “What I love about Carla is her genuineness. She genuinely cares if I’m ok, if I feel good. And she will match her product to fit your individual need...” A community has grown around this small business. It’s not odd to walk in and see Fortner counseling someone who just walked in off the street, or encounter a group of women just hanging out. It’s truly not like any other business in town.

There have been several changes within the last few short years. ARW moved to a larger space on Main Street in 2021 and moved yet again to a new storefront at Fortner’s dream location of Pike Street just recently.

As the buildings changed the community grew, and Fortner evolved to fill the needs of her growing community of ARW patrons. Fortner offers Yoga classes several times a week, Reiki, Reiki Attunement, Intuitive Guidance, Chakra Scan, Numerology, and Meditation. ARW also carries a large variety of items made by Fortner herself, local farmers, craftsmen, and artisans. Popular items include Handmade soap (made right in the shop), crystals and stones, jewelry, essential oils, candles, supplements, bath bombs, lotions, personalized cups, t-shirts, self-care and holistic items, and an array of ever-changing offerings. ARW also hosts many events, usually several a week. ARW isn't just about meeting a bottom line for Fortner, but about helping her community in any way that she can.



-Written by Melody Hubbard

Agent Editorials

Graduate Gossip

Let's learn together! A recent assignment from my graduate studies, had me analyzing the Cooperative Extension Service from a strategic management standpoint. I was excited to realize that Extension falls within the Blue Ocean Strategy. Here, Cooperative Extension focuses on the innovation and market side of business. Utilizing relevant and current University of Kentucky research drives programs and develops curriculum. New revelations



and discoveries emerge from new research which provides direction of the organization and its educational programs, further creating a demand from intrigued program participants.

Agent Comments

"Hello FSC Friends!

Happy New Years!! I hope you all had (or are having) the most relaxing and rejuvenating holiday season. Remember to slow down in the midst of all the hustle and bustle and be joyful and grateful for our many blessings. You might find practicing the 5 "R's" helpful. Rest, read, reflect, renew, and relationships can help you relax, prioritize and energize for the new year.

I hope the Harrison County Extension Office has brought joy to you throughout this past year and that you are excited for the 2023 program year! Stop in and see us, sign up for programs, and learn while having fun. Cheers to ringing in the new year!"

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



Complaint Procedure

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To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA,

Director of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave, SW, Washington DC 20250-9410 (202-720-5964)

If trade names appear in articles, no discrimination is intended nor endorsement by the University of Kentucky is implied.

Check out our Facebook page:
**Harrison County
Family & Consumer Sciences.**
**Like us on Facebook to receive
notifications on upcoming events, posts,
and shares.*



Tune in to WYCN for Extension talk with Mayor James on Coffee Break Extra at 9:10am.

- * **Stacey Stephens with NEP: 1st Monday of the month**
- * **Jessica Sayre with Horticulture: 1st Wednesday of the month**
- * **Shannon Farrell and Holly Laytart: 2nd Wednesday of the month**
- * **Shelley Meyer with FCS: 4th Thursday of the month**



Homemaker News

President's Corner:

HAPPY NEW YEAR HOMEMAKERS!

I hope each and everyone had a safe and healthy holiday. As we begin this new year, I am asking all club officers and chairmen to attend our advisory council meeting on January 30th at 9:30 a.m. This is one way to encourage members to step into future county leadership roles. Please mark this date on your calendar. Leadership is one way to keep our light shining. Also, please bring your flashlight with you when you come to the meeting. I would be happy to visit your club meetings, just call me at (859) 298-9460.

Harlene Welch

President, Harrison Co Extension Homemakers

Book list selection:

*Memory House by Rachel Hauck

*Two women who have had their lives destroyed by disaster, find healing in a special house.

Club Meetings

Homemaker clubs are in full swing with monthly meetings. Check the back calendar page to see when your club meets. If you are new and would like to join a club, contact the Extension Office for more details. Leader lessons will be presented at the Harrison County Extension Office on the 4th Monday's of each month from noon-1pm with a light lunch provided (some dates may vary). Letters will be sent out to the monthly lesson leaders as well. The January Leader Lesson is titled Let's Talk About it, Keys to Great Communication and is scheduled for Monday, January 23rd at noon. Call the office to rsvp.

Dates to Remember:

January 1– New Years Day

January 7– Blood Drive at Fairgrounds

January 18– Homemaker Executive Committee

January 30– Homemaker Advisory Council

February 6– Snow backup Homemaker Advisory Council

February 12– Superbowl

February 14– Valentines Day

February 27– Go Red event at Fairgrounds

March 8– Recipe for Life

May 9-11 – KEHA State Meeting at the Crowne Plaza in Louisville.

Snow Day Policy - If there is no school in Harrison County, all Homemaker meetings will be cancelled as well. If in doubt, please call the office at 859-234-5510 to make sure.



COFFEE AND CONVERSATIONS

PLEASE JOIN US FOR OUR COFFEE AND CONVERSATIONS START UP SESSION!



Thursday, January 26

2:00 PM - 3:00 PM

Cedar Ridge Health Campus Personal Care Living Room

Please join us for our 1st Coffee and Conversations. Join us to learn more about Senior Living and sharing with us your feedback on topics you want to learn about. Coffee, light appetizers provided. Please RSVP to 859-234-2702 by Jan 24, 2023

Call us today for more information!

1217 US Highway 62E | Cynthiaana, KY 41031
(859) 234-2702 | cedarridgehs.com |  


CEDAR RIDGE
HEALTH CAMPUS
A Thriving Senior Living Community

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

10am Falmouth Rd
11am Falmouth Rd
10am Laugh & Learn
10am & 5pm Cultural Series
10am Indian Creek
4:30 Knitting
10am Sunrise
10am Curry
20 Noon: Men's Homemaker
6pm Crafty Scrappers
9am scrapbook
10:30 Renaker
Charenterie/sausage
2pm Coffee Convo

10am Falmouth Rd
11am Falmouth Rd
10am & 5:30pm Microgreens
6:30pm Barlow
6:30pm Jacobs
10am Finger Knit
10am Finger Knit
10am Leesburg
6pm Finger Knit
10am Quilt Club

Noon Leader Lesson
6:30 Maiden Makers
9:30am Homemaker Advisory Council

Interest Survey

Please take a couple minutes to provide feedback on Family & Consumer Science programs that you would like to see offered for 2023. You can scan the QR code provided to complete the survey from your phone OR complete the form below and drop off to the Harrison County Extension Office by January 31st.

Q1

Please select the program topics that you have enjoyed this past year with Family & Consumer Sciences

- Nutrition Classes
- Physical Activity Classes
- Craft Classes
- Finance Classes
- Family Development Classes
- Sewing Classes
- Homemaker Events
- I did not participate in FCS programs
- Other



If you selected "other" from the previous question 1, what topic(s)?

List any repeat or new classes you would like to see offered through Family & Consumer Sciences.

Please provide any additional insight or thoughts on Family & Consumer Sciences programming here.

Thank you! We value your input.

