

# FCS Newsletter

## November/December 2023

Harrison County Family & Consumer Sciences

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

Cooperative Extension Service  
Harrison County  
668 New Lair Road  
Cynthiana KY 41031  
(859) 234-5510  
Fax: (859) 234-6197  
extension.ca.uky.edu

**TIME TO RENEW!** 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 5 for featured business of the month: The Flannel Store

### The Headlines

10% off purchases	Dollar Grand	10% off purchases
10% off purchases	Flavor Depot	10% off purchases
10% off purchases	A Little Bit Personal	10% off purchases
10% off purchases	Shady B's	10% off purchases
10% off purchases	Key's Club Frenchie	10% off purchases
10% off purchases	Frances S' Christmas Things	10% off purchases
10% off purchases	Friend Vanz for you	10% off purchases

### SHOP CYNTHIANA

Harrison County Homemakers 2024

Discounts good through  
November 30, 2024



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Harrison County Homemakers present:

# Kentucky Holiday Brunch

Thursday, November 30th

5.00 PM

Harrison County Extension Office

Food, fun, and entertainment

Purchase a ticket at HC Extension Office  
Cost: \$12, Non-homemakers: \$22 (covers cost  
of annual homemaker membership)



Deadline: November 17th

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Shelley Meyer

*Shelley W. Meyer*

Harrison County Extension Agent  
For Family & Consumer Sciences  
shelley.meyer@uky.edu

### 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

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, physical or mental disability or receipt or rehabilitation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

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University of Kentucky.



# Christmas

## CRAFT DAY

WEDNESDAY,  
NOVEMBER 29



9-11AM  
OR  
5-7PM

Food|Crafts|Fun  
Cost: \$10

Harrison County Extension Office  
RSVP to 859-234-5510

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Harrison County Homemakers

# CLOTHING DRIVE



Items being collected for local clothing closet are:

**Socks**  
**Hats**  
**Gloves**

DONATIONS ACCEPTED THROUGH NOVEMBER  
Drop off to the Harrison County Extension Office



## FIRST-TIME HOME BUYER'S SEMINAR

Please join us to learn more about the mortgage process. This complimentary seminar will focus on establishing, repairing credit and the overall process of getting a mortgage loan.

- > ESTABLISHING/REPAIRING CREDIT
- > PRE-QUALIFICATION AND PRE-APPROVAL
- > DOCUMENTS THE LENDER WILL NEED
- > WHAT CAN I AFFORD?
- > TYPES OF LOAN PRODUCTS
- > QUESTIONS TO ASK YOUR LENDER

Member FDIC. Equal Housing Lender. SYB - NMLS# 433971

**Tuesday, November 14th**

**5:30pm to 6:30pm**

Harrison County Extension Office  
668 New Lair Road, Cynthiana, KY 41031

PRESENTED BY:

**Christopher J. LeMaster**

MORTGAGE LOAN OFFICER STOCK YARDS BANK & TRUST  
MORTGAGE SERVICES GROUP

[chris.lemaster@syb.com](mailto:chris.lemaster@syb.com)

(859) 707-4500

NMLS# 914703

**RSVP: 859-234-5510**



MORTGAGE SERVICES GROUP

**Make Yourself At Home!**



# 2024 Kentucky 4-H Volunteer Forum Registration

Hyatt Regency, Lexington, KY  
February 22—24



Cooperative  
Extension Service

DEC 15, 2023

Volunteers, return completed form to your county Extension office by no later than  
Agents must enter all participants (including guests) on 4-H online.

Name \_\_\_\_\_ County \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

Race:  White  Black  Asian  American Indian  Hawaiian/Pacific Islander

Ethnicity:  Hispanic  Non-Hispanic Gender:  Male  Female

Attending As: (Check all that apply to you.) \*Guests must be registered.

Adult Volunteer  Youth Volunteer  State Staff  County Staff  1st Time Attendee

FRYSC  4-H  Out-of-State Delegate  ANR  Master Gardener  Homemaker

Guest of Award Winner  Receiving Volunteer Accreditation  Guest of 10 Year Member

10 Year 4-H Member (Please submit an award application. Registration payment required. 10 Year Member guests must register separately and require a discounted \$75 registration fee for Saturday.)

Friday Award Winner (Registration fee waived for Award Winner & One Guest\*)

Name of Award(s) \_\_\_\_\_ Name of Guest\* \_\_\_\_\_

Saturday Award Winner (Registration fee waived for Award Winner & One Guest\*)

Name of Award(s) \_\_\_\_\_ Name of Guest\* \_\_\_\_\_

Help us keep costs down by indicating meals you will attend.

Thurs PM Event  Fri Breakfast  Fri Box Lunch  Fri PM Banquet

Sat Breakfast  Sat Luncheon

List any special accommodations needed due to disability, health...etc:

\_\_\_\_\_

Food Accommodations:

Lactose intolerance  Gluten Free  Shellfish Allergy  Observing Lent

Vegan/ Vegetarian  Nut Allergy  Other: \_\_\_\_\_

**Registration Options: Please select all that apply. See the bottom green highlight for details on payment.**

- Full Time Registration (\$250): (Thursday—Saturday) Includes forum costs, Friday breakfast, Thursday PM event, Friday boxed lunch, Friday banquet, Saturday breakfast, and Saturday luncheon. Register online by **December 15 at 11:59 PM EST.**
  - Late Registration (\$300): Full time participants who register after the December 15 deadline.  
*Registration due January 19th at 11:59 PM EST.*
- Thursday Only Registration (\$75)
- Friday Only Registration (\$200): Includes Friday breakfast, Friday boxed lunch, Friday banquet, and forum costs.
- Saturday Only Registration (\$150): Includes Saturday breakfast, luncheon and forum costs.

*I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute sell pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.*

Signature for Permission \_\_\_\_\_

Date \_\_\_\_\_

*There will be absolutely no late registrations, refunds, or changes after **January 19 at 11:59 PM EST.***

**All early bird registrations will be covered by Harrison County 4-H Council, Harrison County Homemakers, and the Harrison County Extension Office. To take advantage of the waived fee, please register by the deadline of **FRIDAY, DECEMBER 15!****

Notes

# Crafty Scrappers

with Jenny Tapp

**November 17**

**December 15**

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



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of car pa...  
with map...  
some of these and  
then ascend the  
You meet a sign  
card, half right,  
to (in quick  
jogging and over  
point, do not cross.  
...bridge. There is  
its southern bank.

1st & 3rd Thursdays  
of the month

Adult  
Knitting

with Louann Fryman



**November 2 & 16**

**&**

**December 7 & 21**

Harrison County  
Extension Office  
@4:30pm

New members welcome!

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# Scrapbooking

w/ Jennie Sparks and Teresa Stinson

4th Thursday of each month  
\*dates vary during holidays

**November 30**  
Harrison County Extension Office @ 9am

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# PIECE MAKER QUILT CLUB

4th  
Wednesdays  
\*holiday dates  
may vary

**15** NOVEMBER  
10AM

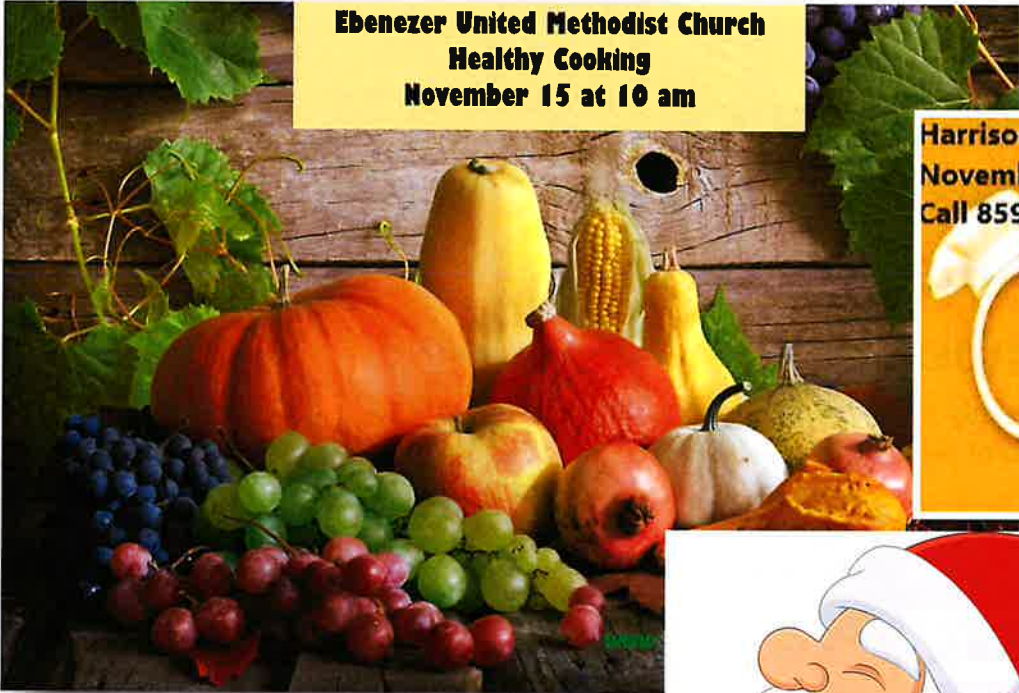
HARRISON COUNTY  
EXTENSION OFFICE

NEW MEMBERS WELCOME!

Cooperative  
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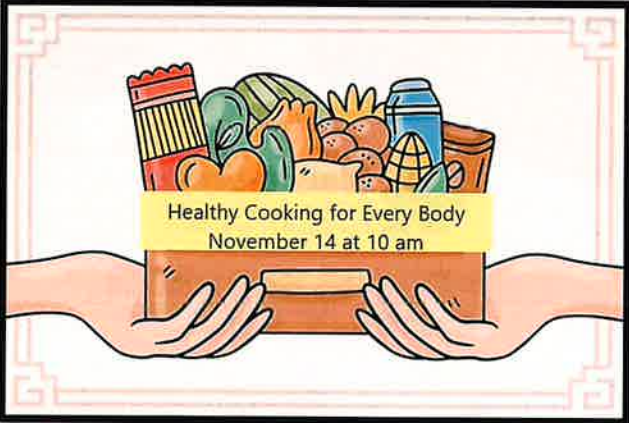
# NEP happenings w/ Stacey Stephens



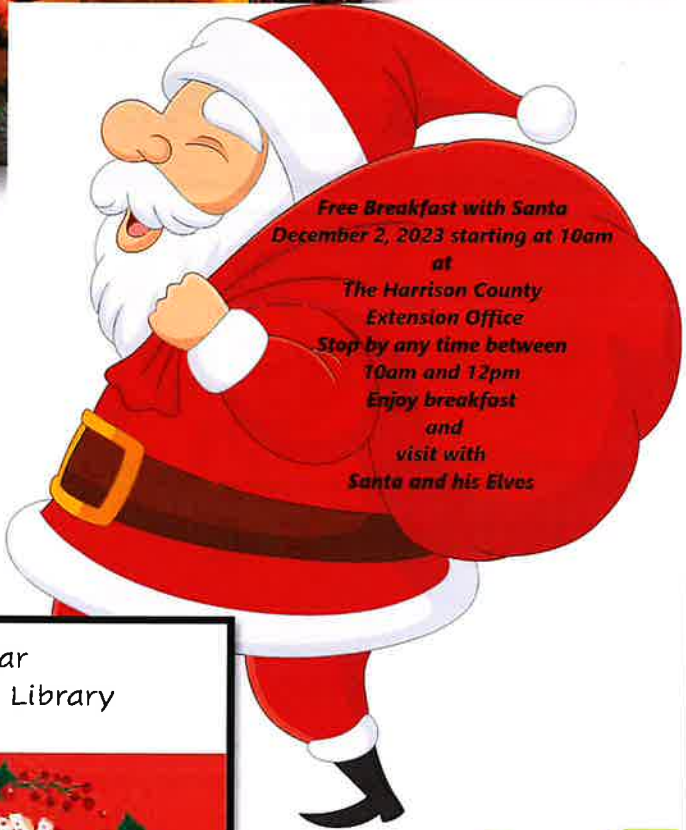
**Ebenezer United Methodist Church  
Healthy Cooking  
November 15 at 10 am**

**Harrison County Library  
November 16 at 10:30am  
Call 859-234-4881 to RSVP**

**Cook & Craft**



**Healthy Cooking for Every Body  
November 14 at 10 am**



*Free Breakfast with Santa  
December 2, 2023 starting at 10am  
at  
The Harrison County  
Extension Office  
Stop by any time between  
10am and 12pm  
Enjoy breakfast  
and  
visit with  
Santa and his Elves*

**Cooking through the Calendar  
Harrison County Cynthiana Public Library  
November 21 at 5pm**

Call 859-234-4881 to RSVP



# Dementia Caregivers Week

Sponsored by: UK HR Elder Care and UK Sanders-Brown Center on Aging

**NOV.  
8**

Noon to 1 p.m.  
UK HR Elder Care Lunch and Learn  
Presenter: Former Wisconsin Gov. Marty Schreiber

Former Wisconsin Gov. Marty Schreiber will be our special guest speaker and will discuss his book "My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver."



See back page for more details

**NOV.  
9**

Noon to 1 p.m.  
Creative Writing; Caring for the Caregiver  
Presenters: Eric Wilkinson & Rhonda Henry,  
UK Mental Health Therapists

Creative writing is a technique we can use to find our voice and tell our caregiver story. It can help us find reason and meaning through inward reflection and allows us to pause for a moment from all the extraneous noise to find what is truly meaningful to us.



See back page for more details

**NOV.  
10**

## A Closer look at Dementia

9:30 to 10:15 a.m.  
What is dementia and how does it affect the brain?  
Presenter: Dr. Pete Nelson, Director of Neuropathology, UK  
Pathology and Laboratory Medicine; Sanders-Brown Center on Aging

Dr. Nelson will discuss (and show us) the pathology of dementia, how it alters healthy brain cells, and in turn, how that interferes with our daily living.



10:15 to 11 a.m.  
Diagnosis and Treatment  
Presenter: Dr. Gregory Jicha, UK Neurology; Sanders-Brown  
Center on Aging

Dr. Jicha will explain how a dementia diagnosis is made and what treatment options are available.



See back page for more details

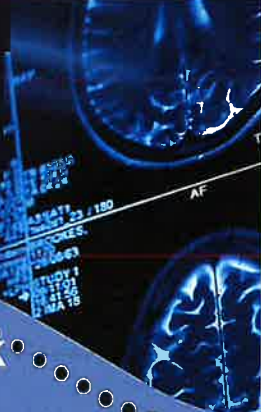
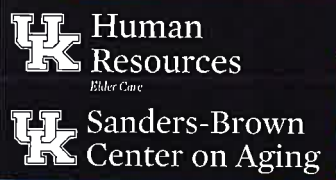




# My Two Elaines: *Learning, Coping, and Surviving as an Alzheimer's Caregiver*

with **Martin Schreiber**, former Governor of Wisconsin

November 8, 2023  
Noon EST via Zoom visit the link below to register  
**Bit.ly/UK ElderCare11-8**



# A Closer Look at Dementia

**9:30 EST**  
**Dr. Pete Nelson, Director of Neuropathology**  
*What is dementia and how does it affect the brain?*

**10:15 EST**  
**Dr. Gregory Jicha, Neurology**  
*Diagnosis and Treatment*

November 10, 2023  
via Zoom visit the link below to register  
**Bit.ly/UK ElderCare11-10**

# Creative Writing, *Caring for the Caregiver*

with **Eric Wilkinson & Rhonda Henry**,  
UK Mental Health Therapists

November 9, 2023  
Noon EST via Zoom visit the link below to register  
**Bit.ly/UK ElderCare11-9**





## **Downtown Edition**

**Interested in joining Harrison County Homemakers?** Membership is \$10 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: The Flannel Store**

*This Downtown Edition features businesses from the Shop Cynthiana discount card.*

The heart of The Flannel Store is the Bible verse attached to each pajama handmade onsite by Jelena Allen. From this central point, the story of The Flannel Store unfolds. This boutique is unique in that all flannel pajamas, loungewear, and blankets are sewn here on Pike Street in The Flannel Store sewing studio. From pattern design, fabric selection, cutting and sewing the garments, and hand stitching the Bible verse tags, everything is done in Cynthiana, Kentucky. Walking into the boutique, you'll hear "Hi there!" but might not see Jelena because she's sitting at a sewing machine.

In the early 2000's Jelena was in the phase of life raising her two little ones and working as a Certified Public Accountant building her tax and accounting firm. Loving cold weather and snowboarding, she often dreamed to have a boutique in a small mountain community selling men's and women's winter and spring wear, living a quiet life away from chaotic deadlines.

With the work stresses brought on by Covid, being an essential business, increased pandemic tax filing complexities, never-ending deadlines, and virtually no time off, she and husband Iain felt it was the right time to make significant life changes and follow their dreams. Slow life down. Jelena had picked up sewing at the beginning of Covid as a means of destressing and often joked about doing it full time. Well...they moved cross country to Cynthiana, Kentucky a year later and The Flannel Store on E. Pike Street was born.

Knowing firsthand how stress and lack of sleep is terrible for the body, Jelena believes rest is vital. Not just sleep, but true rest. At The Flannel Store you will find high quality 100% GOTS-certified organic flannel pajamas for men and women. She is currently designing men's and women's robes, along with women's nightshirts and nightgowns. All with a modern but classic twist. Flannel blankets will be available this Christmas as well. You will also find candles, devotionals, and other items that lend to taking a moment to breathe and simply rest.

The Flannel Store isn't the mountain town boutique once dreamed of 20 years ago, but it is a place of peacefulness and rest right in the middle of Main Street USA. Dream, pray, and God will open the doors for you to walk through.



**Review**

July 26th

★★★★★

"Lordy! Have you ever purchased an article of clothing and then thought to yourself this is just TOO good to wear? Well, that's how I feel about these pajamas. They are absolutely beautiful in every way. I will need a second pair - one to wear and one to just look at. Thank you so much for exceeding all of my expectations."

G. Jarvis (Oregon)



# Laugh & Learn

Friday, November 3  
Friday, December 1

**Ages 3-5**

10-11a.m

Harrison County Extension Office



\*Must have adult with child

\*Crafts

\*Food

\*Fun

rsvp @ 859-234-5510

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## Agent Editorials

*"Hello FCS Friends!*

*The 2024 Shop Cynthiana Homemaker Discount Cards are complete. Anyone who paid their homemaker dues prior to November 1, will receive that card in the mail. Anyone paying dues after November 1, will receive that card at time of payment. Join us for the upcoming holiday events over the next couple of months. Details for programs are included in this newsletter.*


*Its hard to believe the next newsletter will contain programs for the new year but here we are! In the meantime, wishing everyone a very blessed Thanksgiving and Christmas season.*

*Shelley W. Meyer*


Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences

*Community Corner*


Spanish Resources




MCTC




LIBRARY






CHAMBER OF COMMERCE



HC EXTENSION



Check out what's happening in our community!  
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

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.**

- \* Jessica Sayre with Horticulture: 1st Wednesdays
- \* Shannon Farrell and Holly Laytart with 4-H: 2nd Wednesdays
- \* Shelley Meyer with FCS & Stacey Stephens with NEP: 4th Thursdays



## Homemaker News

### President's Corner:

"The Holiday season is upon us. I would like to thank each homemaker, who made cookies, brownies, hand pies, and other goodies for the Honey Festival. Also, thank you to those who worked. We ran out of goodies by 2pm. I am encouraging each homemaker to make cookies, brownies, and other goodies for Harvesting the Holidays on November 4th. We don't want to run out before the festival is over.

The Holidays Foods program is scheduled for November 30th, put this date on your calendar. There is more information in this newsletter.

Your membership dues are due NOW. Also, don't forget to exercise your right to vote on November 7th.

I wish you and your families a **HAPPY THANKSGIVING** and a **VERY MERRY CHRISTMAS!**

Harlene Welch  
President, Harrison Co Extension  
Homemakers

### Club Meetings:

Homemaker clubs are meeting monthly. See the calendar page for your club's scheduled time. If you are new and would like to join a club, contact the Extension Office for more details.

### Leader Lessons:

*Mondays noon-1pm @ Harrison County Extension Office. Lunch provided. Please call the office to rsvp for food count; 859-588-9122*

Date	Lesson Topic
Nov 27	Savor the flavor; spices
Jan 22	Selfcare and pampering
Feb 26	Recognizing/coping w/ trauma after natural disaster
March 25	Planning thrifty meals
April 29	Flavor the savor; herbs



# JUNIOR HOMEMAKERS

**FRIDAY, NOVEMBER 3RD**  
**FRIDAY, DECEMBER 1ST**  
3:30-4:30PM  
HARRISON CO EXTENSION OFFICE

- **CREATE FAIR READY PROJECTS**
- **SERVICE PROJECTS**
- **LEARN HOME SKILLS**

**AGES 6-12TH  
GRADE**

**CALL TO SIGN UP:  
859-234-5510**

*Spring*

**Friday, April 7th**  
Depart Extension Office @10am or  
meet at trail @10:30am

*Summer*

**Friday, July 14th**  
Depart Extension Office @10am or  
meet at trail @10:30am

## TIS THE SEASON FOR A HIKE!

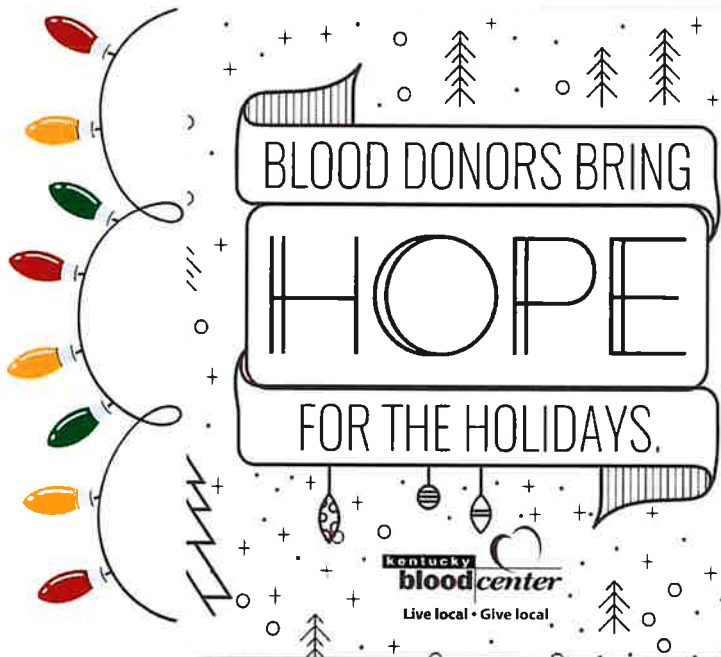
**Join us as we hike the seasons @  
Quiet Trails Nature Preserve**  
Call to sign-up 859-234-5510

*Fall*

**Friday, October 13th**  
Depart Extension Office @10am or meet  
at trail @10:30am

*Winter*

**Friday, December 29th**  
Depart Extension Office @10am or  
meet at trail @10:30am



## Harrison County Community BLOOD DRIVE

Saturday, Nov. 4  
9 a.m.-2 p.m.

Harrison County Fairgrounds  
McCauley Building  
2849 US Hwy. 27S  
Cynthiana, KY 41031

**Appointments preferred. Walk-ins welcome.** Drive details subject to change  
Please check [kybloodcenter.org](http://kybloodcenter.org) prior to donating. Donors with appointments will be notified of changes

[kybloodcenter.org](http://kybloodcenter.org) 800.775.2522 Please bring photo ID

## NOVEMBER/DECEMBER CALENDAR OF EVENTS

- |   |   |
|---|---|
| Nov 1, Falmouth Road 11am @ Extension Office  | Nov 17, Crafty Scrappers 6pm @ Extension Office           |
| Nov 2, Indian Creek 10:30am @ Extension Office  | Nov 20, Maiden Maker 6:30pm @ Extension Office            |
| Nov 2, Knitting 4:30pm @ Extension Office   | Nov 21, Jacobs Club 6pm @ Extension Office                |
| Nov 3, Laugh & Learn 10am @ Extension Office  | Nov 21, Barlow Club 6:30pm @ Extension Office             |
| Nov 3, Junior Homemaker 3:30pm @ Extension Office   | Nov 23, Thanksgiving                                      |
| Nov 4, Harvest Hustle 5K 10am @ Flat Run Veterans Park  | Nov 27, Leader Lesson Noon @ Extension Office             |
| Nov 4, Harvesting for the Holidays 10am-5pm <b>PLEASE DROP OFF HOMEMADE DESSERTS, INDIVIDUALLY PACKAGED TO SELL FOR \$1, TO EXTENSION OFFICE BY 4PM FRI, NOV 3RD.</b> | Nov 28, Blood Drive 1-6pm @ Fairgrounds McCauley Building |
| Nov 4, Blood drive 9am-2pm @ Fairgrounds McCauley Bld.  | Nov 29, Christmas Craft Day                               |
| Nov 6, Life Screening   | Nov 30, Scrapbooking 9am @ Extension Office               |
| Nov 7, Election Day   | Nov 30, Homemaker Kentucky Holiday Brunch @5pm            |
| Nov 9, Sunrise 10am @ Extension Office  | Dec, Homemakers, check w/ clubs for Christmas party dates |
| Nov 9, Curry 10am @ Extension Office  | Dec 1, Laugh & Learn 10am @ Extension Office              |
| Nov 14, Recipe for Life @ Fairgrounds McCauley Building   | Dec 1, Junior Homemaker 3:30pm @ Extension Office         |
| Nov 14, Home Buyers Seminar 5:30pm @ Extension Office   | Dec 7, Knitting 4:30pm @ Extension Office                 |
| Nov 15, Leesburg Club 10am @ Extension Office   | Dec 11, Maiden Maker Christmas Party                      |
| Nov 15, Piece Maker Quilt Club 10am @ Extension   | Dec 15, Crafty Scrappers 6pm @ Extension Office           |
| Nov 16, Knitting 4:30pm @ Extension Office  | Dec 21, Knitting 4:30pm @ Extension Office                |
|   | Dec 25, Christmas   |
|   | Dec 29, Quiet Trails Hike 10:30am                         |