



Cooperative Extension Service
Garrard County
1302 Stanford Road
Lancaster, KY 40444
(859) 792-3026
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extension.ca.uky.edu/garrard

Garrard County Family and Consumer Sciences Newsletter

Summer is upon us!

I hope this newsletter finds you happy, hydrated, and ready for some fun summer events and programming. We have big things coming up, so make sure to stay tuned! County fair is only a month away, so continue working on those entries. If you're looking to get involved with a new club and you like gardening, check out Garrard's Gardeners which has 2 events happening in June! Don't miss our ongoing Lunch and Learn Program. We are continuing to cook through the calendar, but with a new twist-Each month will feature a new country to learn about! If you have little ones ages 2-5, check out Laugh and Learn. Our first session was last month, and we had a blast! At this program, kids will learn, play, socialize and gain skills to prepare them for Kindergarten. And lastly, don't forget about our "June Jelly and Jam-boree" Class! Canning season is here, and you don't want to miss out. Those are just a few things we have going on. Read more to see what you can get involved with!

Kaylafunsford

County Extension Agent for Family and Consumer Sciences kayla.lunsford@uky.edu



CHECK US OUT ON SOCIAL MEDIA!



HTTPS://WWW. FACEBOOK.COM/ GARRARDCOUNTY FCS





Upcoming Events

FCS MEETS THE FARMER'S MARKET!

MONDAY, JUNE 10TH, 3-6PM!

STARTING IN JUNE. I WILL BE SET UP AT
THE GARRARD COUNTY FARMER'S MARKET
THE 2ND MONDAY OF EVERY MONTH! COME
OUT. GRAP SOME GREAT PRODUCE AND
SAY HI! I WILL BE GIVING OUT SAMPLES.
PROMOTING EXTENSION AND MEETING
WITH THE COMMUNITY!



FRIENDLY FIBERS GROUP
MEETS EVERY 4TH MONDAY AT
1:30 AT THE OFFICE. JOIN
ANYTIME IF YOU LIKE
KNITTING. CROCHET. OR
OTHER TYPE OF NEEDLEWORK!







Garrard County KEHA
Homemakers
ARTS 'N CRAFTS
SWAP, BUY AND SELL

Saturday, July 27th 9 AM - 2 PM Garrard County Extension Office

Artisans and Crafters have cleared out those dark cubbies, closets and cabinets in their studios, craftrooms and everywhere to swap, buy and sell gently used supplies, new craft/art items too.

You might find something that you can actually use, need or want!

Free Admission - Admission Donation Accepted
Silent Auction Raffles
Proceeds will benefit KEHA local education programs and
activities and the Kentucky Foster Care System
1302 Stanford Rd., Lancaster 859.792.3026

YOGA CLASS!

INSTRUCTOR: KRISTINA PEAMAN
COST: \$5 PER CLASS

TIMES:

TUESDAYS AT 7PM
(BEGINNER AND ADVANCED)
THURSDAYS AT 9AM
(CHAIR YOGA)

FOR MORE INFO. PLEASE CALL THE OFFICE OR CHECK OUT THE "YOGA W/ KRISTINA" FACEBOOK GROUP!





Garrard County Extension Office

Open to the public for anyone 18 Years of age or older.

Saturday, June 15, 2024 10:00 a.m. - 12:00 p.m.

- Blood pressure
- Take home colorectal screening kits
- Cholesterol

- Body Mass Index
- Mental Health Testing

Garrard Co. Ext. Office 1302 Stanford Rd. Lancaster. KY 40444





To sign up, please contact: (859) 797-3026 Walk-ins are welcome!



LUNCH AND LEARN FREE MONTHLY COOKING CLASS



JUNE 4TH

GARRARD COUNTY EXTENSION OFFICE 1302 STANFORD ROAD

PLEASE CALL TO REGISTER: 859-792-3026

Take your taste buds on a trip!

We will still be cooking through the UK Food and Nutrition calendar as usual, but now we will also explore the cuisine and culture of a new country each month. Grab a friend and join us!

> COUNTRY OF THE MONTH: THE NETHERLANDS RECIPE: FRUITED COLESLAW



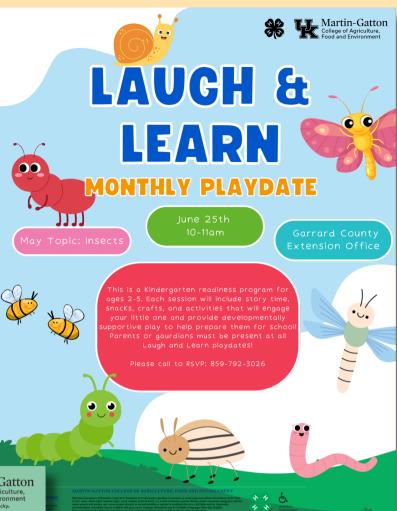
Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND EXVIRONMENT

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GARRARD COUNTY FAIR

FCS OPEN CLASS

RULES AND CATEGORIES NOW AVAILABLE! ANY GARRARD COUNTY RESIDENT MAY ENTER.

CALL THE GARRARD COUNTY EXTENSION
OFFICE FOR MORE INFORMATION ON
HOW TO ENTER! 859-792-3026

enter for a chance to win Ribbons and Prize Money! Categories include photography, Needlecrafts, Canning, Flowers. Art and More!





Daylily Garden Tour An Event from Garrard's Gardeners

Wednesday, June 26th at 10am

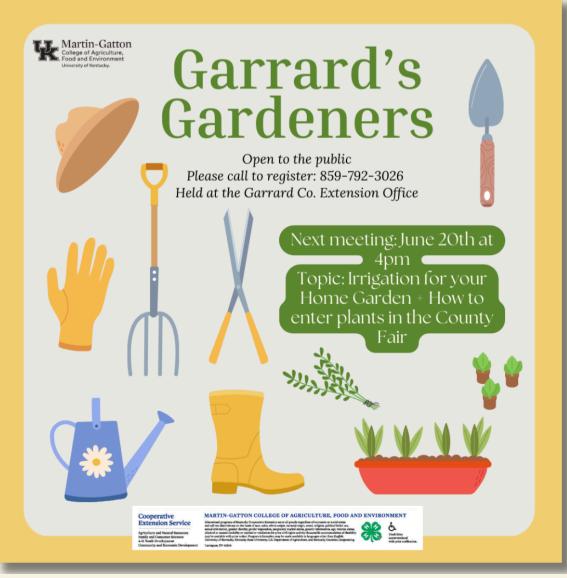
Thank you to Willie Francis Graham for opening up her beautiful garden for us to view. Call 859-792-3026 to get info and sign up. Rides will be available at the Extension Office that morning. We will leave here at 9:45.

Cooperative Extension Service









HOMEMAKER HAPPENINGS



Fort Harrod Area Homemaker trip

Maysville, KY

Friday, September 13th

Rides will be provided.

More details to come!



Upcoming Dates

Countryside Club: No June Meeting

Garrard Go-Getters Club: June 17th at 6pm-Recipe

Exchange

Homemaker Council Meeting: June 3rd at 4pm for Bylaw Updates and June 24th at 6pm for regular

Council at the Extension Office



SAVE THE DATE
SEPTEMBER 27, 2024

GARRARD COUNTY
ANNUAL HOMEMAKERS
MEETING

NOT A PAID HOMEMAKER? NO PROBLEM! STOP BY THE EXTENSION OFFICE ANYTIME TO GET MORE INFO ON HOW TO JOIN AND GET INVOLVED! YEARLY DUES ARE \$10 AND GENERALLY PAID IN THE FALL. BUT YOU CAN JOIN ANYTIME.



ADULT

HEALTH BULLETIN



JUNE 2024

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

Garrard County Extension Office 1302 Stanford Road Lancaster, KY 40444 859-792-3026

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



s the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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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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When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Continued from the previous page

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

https://www.fs.usda.gov/features/wellness-benefits-great-outdoors

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images:

Stock images: Adobe Stock

June 2024

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2	ರು	4 Lunch & Learn 12pm and 6pm	5	9	7 Jellies and JamsCanning Class 10am	8
9	10 FCS at the Farmer's Market 3- 6pm	11	12	13	14Jellies and Jams Canning Class 10am	$15 \ Health Screenings$
16	17 Recipe Swap 6pm	18	19 Office Closed in Observance of Juneteenth	20 Garden Chıb 4pm	21 Jellies and Jams Canning Class 10am	22
23	24Friendly Fibers 1:30pm Homemaker Council 6pm	25 Laugh and Learn 10am	26 Daylily Garden Tour 10am	27	28Jellies and Jams Canning Class 10am	29
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