

February 2025

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston

Bourbon County Extension Agent
for Family & Consumer Sciences



Cooperative Extension Service
Bourbon County
603 Millersburg Rd
Paris, KY 40361
(859) 987-1895
Fax: (859) 987-3120
bourbon.ca.uky.edu



2025 INTERNATIONAL MEAL



GREECE

Meal ticket
\$12/person

Thursday, February 6th
6:00 p.m.

Bourbon County Extension Office
603 Millersburg Rd, Paris

Guest Speakers
Bonnie Sousley
Kay Denniston



RSVP by: January 31st
859-987-1895



Travel to Ellada!

The official name for Greece is the Helleni Republic but when speaking informally or casually, most Greeks refer to it as "Ellada", which translates literally as Greece.

Join us on February 6 to travel through Athens, Island of Mykonos and Island of Santorini!

The menu will be Greek food served in traditional Greek manner.

Get your tickets now as space will be limited on this tour.

AGENT'S CORNER

Hope to see everyone at the International Meal. We will be making a quick trip through Greece with Bonnie Sousley and myself while eating some traditional Greek food in traditional Greek style. Bonnie and I are excited to share our travels through Athens, Mykonos and Santorini. Come dream of the warm temperatures, blue waters and yummy food of Greece.

Kay Denniston

MENU

- Authentic Greek Salad
- Tzatziki w/Pita Bread
- Chicken Gyro
- Orange Cake w/syrup
- Kourabiedes
(Greek Butter Cookies)
- Lemonade

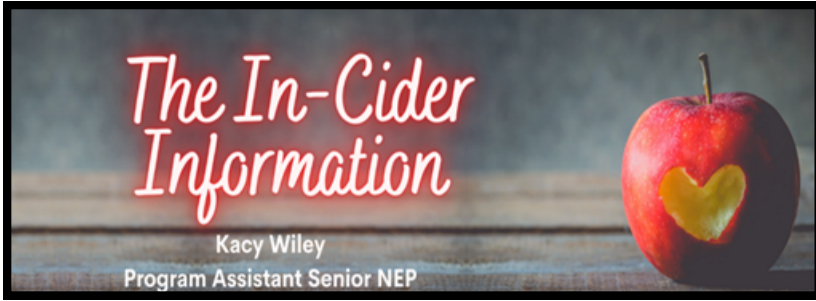
Cooperative Extension Service

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 reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506





SHOP LOCAL CARDS- LAST CALL



If you have paid your dues but have not received your card, call 859-987-1895. Members at large as well as club members are eligible. We can arrange for you to pick up cards in office or mail them to you!



Don't fall behind on your new years goals! Use your **Shop Local** cards to join the **Paris Bourbon County YMCA** and get your **Joining Fee Waived!**

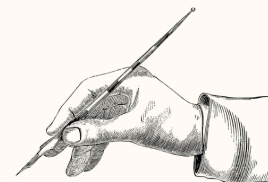
Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products. Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout. Vegetarian protein choices include beans, peas, lentils, nuts, seeds, and soy products. How many protein foods should I eat a day? The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing. Most Americans eat enough from the protein foods group but need to select leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods. What counts as an ounce equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds



Source: Adapted from USDA Choose MyPlate



Calling all writers!

All homemakers are encouraged to participate !

The KEHA State Writing Contest is open to Memoir, Poetry, and Short Story.

Deadline is March 1st.

Please refer to the KEHA manual for the details of entry and how to submit in the correct format. Use the QR code below to access the KEHA manual link!

For additional information, please contact your specific club's Cultural Arts Chair.





February 6.....International Meal
 February 20.....Leader Lesson
 February 28-March 1.....Farm Machinery Auction
 March 4-6.....Extension Conference-Agents Out
 March 21.....GAP Conference
 March 20.....Council Meeting
 April 14-16.....FCS Retreat-Kay Out
 May 6-8.....KEHA State Meeting, Lexington
 June 23-28..... Bourbon County Fair

SAVE THE DATE

3

21

24



20th Annual Bluegrass Regional
 Grandparents Raising
 Grandchildren Conference

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

WE WILL BE BACK AT
 THE NEWLY
 RENOVATED -
 CLARION HOTEL,
 1950 NEWTOWN PIKE,
 LEXINGTON, KY

For more information and to view helpful resources, please visit our website at www.gapofky.org
 Follow us on Facebook-Grandparents as Parents Conference



UK Cooperative Extension Service

COOKING THROUGH THE
Calendar

February 7th at Noon
 Bourbon County Nutrition
 Education Program
 Facebook Page

For more information about the NEP calendars or program contact the Bourbon County Extension Office 603 Millersburg Road Paris, KY 40361



February 7th featured Recipe:
Cauliflower Bites

PRESIDENT NOTES

January has been one for the “records”! I hope that you have taken some time during this unusual long period of cold weather to maybe try some new recipes, start a new hobby, finish some projects or browse the seed catalogs in preparation for the upcoming spring. There were so many things I wanted to accomplish but still did not have the time. As we go into the shortest month of the year lets start preparing for all the upcoming homemaker activities.

Our county educational chairmen are each working on statewide contests in their specific area. Please consider entering some of these contests as an individual or as a club. Mail-box members are also encouraged to participate. It would be awesome to have Bourbon County Homemakers recognized at the state meeting in May. These contests have a deadline of March 1st with specific submission guidelines.

Our only fundraiser for our general fund will once again be concessions at a local farm machinery auction on February 28th and March 1st. The committee is working hard to organize this event. I would like to encourage each of you to donate an hour or two to this event. By volunteering a short amount of time prevents anyone from having to work the entire time. It is also “volunteer hours”!!! Times can be scheduled for your convenience.

We had a great council meeting in January with many committees working to provide you with some different and some of the traditional activities. Our next council meeting will be March 20th and all homemaker members are invited to attend.

If you have not purchased your ticket for the International Meal on February 6th, please do so ASAP. An entertaining evening will be guaranteed!

There are many upcoming activities for homemakers so PLEASE read your newsletter to not miss out!

As always, if you have any questions or concerns, please do not hesitate to contact me.

Elizabeth Rankin



“Alone we can do so little, together we can do so much.” Helen Keller

LEADER LESSON



A Bad Deal in Disguise: Types of Scams

DATE: February 20, 2025

TIME: 10:00 am

LOCATION:
Bourbon County
Extension Office

Can you recognize common scams? Scammers may try to trick us by appearing in disguise. This makes it difficult to know when something is “too good to be true.” The Federal Trade Commission received 2.9 million fraud reports in 2021, with a total of \$6.1 billion in losses. Join us to learn about scammers who trick us with their disguises, as well as steps you can take to avoid fraud.

Lesson training is open to all members and the public. Call the office at 859-987-1895 to reserve a spot.

603 Millersburg Road | Paris, KY 40361 | P: 859-987-1895 | bourbon.ca.uky.edu

Cooperative
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or receipt of public benefits for prior civil rights activities. Reasonable accommodation 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, U.S. Department of Agriculture, and Kentucky Cooperative Extension.
Lexington, KY 40506



DIAPER DRIVE!

**Bourbon Belles
Homemakers is sponsoring
a diaper drive to benefit
Life House in Paris!**

**Now through February 28th,
please drop off diapers* at the
Bourbon County Extension Office,
Paris-Bourbon County YMCA
or Bourbon Boot Supply in Paris.**

Any size accepted, larger sizes and pull ups preferred.

**Venmo donations are
welcome to help pay for
diapers as well!
@Chantel-Langfels-1**

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 of public benefits for prior civil rights activities. Reasonable accommodation 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, U.S. Department of Agriculture, and Kentucky Cooperative Extension.
Lexington, KY 40506

Farm Machinery Auction

Bourbon County Homemakers
 looking for volunteers for
 Farm Machinery Show
 Concessions Fundraiser



Clubs are asked to donate 2 cases of any of the following drinks

Coke	Ale-8
Diet Coke	Water
Mountain Dew	

ONLY CANS; NO GLASS BOTTLES

February 28- March 1

**VOLUNTEERS
 NEEDED**

Bourbon County Homemakers need volunteers to work the event!
 We are asking for 2-4 hours shifts!

Please reach out to Chantel Langfels at (859) 556-0946 to sign up.

ATTENTION SNOW BIRDS - Traveling South for the Winter

If you are heading south for the winter months, do not forget to let us know! We will send your newsletter to your winter address - no problem. The post office will not forward or hold your newsletter. They return it to us and charge us for the return. Remember to bring us some warm weather and sunshine in the spring!

If school is closed in Bourbon County, please call to see if FCS programs cancel as well. Decision will be based on number and location of attendees. 859-987-1895.

SOURBOUGH FUN WITH BOURBON BELLES HOMEMAKERS







Calling all homemakers!

Bourbon County Homemakers are challenged to help raise money for 4H camp for 2025!

All clubs are encouraged to participate. Pledge totals need to be reported to the Extension Office by February 25th. Please contact 4H Chair Celia Tock at 859-248-1932 with any questions.

**Deadline for state contest entry is March 1st. The club with the most money pledged towards camp scholarships will win a class taught by Kay Denniston! The club and/or county with the largest contribution will be awarded a certificate and small gift at the state level.*

Cooperative Extension Service

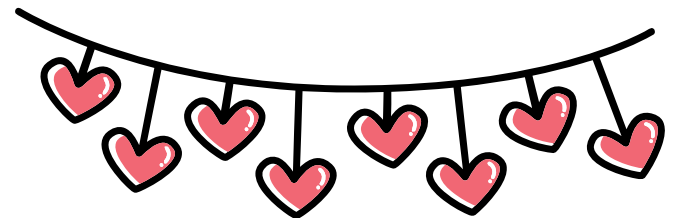
1916 National Extension System

1862 Morrill Act

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

1000 University Blvd., Lexington, KY 40506





HAPPY VALENTINE'S DAY ♥

FAMILY CAREGIVER HEALTH BULLETIN

FEBRUARY 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>

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361
(859) 987-1895



THIS MONTH'S TOPIC IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



Caring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.
- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

Continued on the next page



Continued from the previous page

- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital because it stresses personal values and helps caregivers make better choices.

Don't be afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.

- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.
- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.
- **Respect wishes.** Both partners need to set limits that respect wishes and ability.
- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.
- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.
- **Stop blame.** Do not judge or blame your partner for their situation.

- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.
- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

REFERENCES:

- Johns Hopkins Medicine. (n.d.). Supporting a Spouse through a Health Challenge. Retrieved 12/17/24 from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/supporting-a-spouse-through-a-health-challenge>
- Nelson, C. (n.d.). Caring for an Aging Spouse: Unique Challenges. Retrieved 12/17/24 from <https://caregiver.com/articles/aging-spouse-challenges>
- Woodruff, L. (2023). AARP. How to Be a Partner, Not a Parent. When Providing Care for a Spouse: Ways to Keep the Romantic Connection Alive Despite Illness or Injury. Retrieved 12/17/24 from <https://www.aarp.org/caregiving/health-info-2022/keepromance-alive.html>

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock

FAMILY CAREGIVER HEALTH BULLETIN



Please return lesson ideas to the Bourbon County Extension Office by February 12.
(by paper copy, texts or email)

2025-2026 Lesson Ideas

HEALTH &
WELLNESS

FINANCES &
MANAGEMENT

CULTURAL ARTS/ART

FOOD &
NUTRITION

HOME &
ENVIRONMENT



FAMILY

CLOTHING

OTHER INTERESTING
UPDATES