

OCTOBER 2025

FAMILY & CONSUMER SCIENCES/BOURBON
COUNTY EXTENSION HOMEMAKERS

NEWSLETTER



Kay Denniston
Bourbon County Extension Agent
for Family & Consumer Sciences



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

Cooperative Extension Service
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Martin-Gatton
College of Agriculture,
Food and Environment

KEHA Week Bourbon County Homemaker Library Showcase

October 12th-18th
Paris-Bourbon County Library

You're Invited!!

Homemakers are invited to come sit at the display table and bring handwork or a book to read and willingness to chat to patrons about the homemakers program. Books from the KEHA list will also be on display and kids crafts will be available.

For more information, please contact
Emily Kucela at 859-707-4851.

Agent Notes

Another busy month ahead!

October is full of exciting activities, and we hope you'll join us in celebrating Bourbon County Homemakers during Homemaker Week. This is the perfect time to invite a friend, share your experiences, and encourage others to become part of the Homemaker family.

Homemaker Week is not only a time to celebrate—it's also a wonderful opportunity to welcome new members and show others the value of learning, sharing, and serving together.

As our county president often reminds us with Helen Keller's words:

"Alone we can do so little, together we can do so much."

Kay Denniston

Cooperative
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Agriculture and Natural Resources
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



**Bourbon County Extension Homemaker Week Proclamation
signing by Judge Executive- Mike Williams & County Clerk - Santana Wilson**

Left to right: Santana Wilson, Linda Ramage, Elizabeth Rankin, Chantel Langfels,
Mike Williams, Shelby Kissick, Emily Kucela, Kay Denniston



President's Notes

BOO!!!

Has October snuck upon you too! September has been a busy month for homemakers but so exciting to start a new homemaker year. I can not thank all the volunteers for Recipes for Life enough. It was a "bitter-sweet" event with this being Kacy Wileys' last one. The sweet part is that thankfully she has not gone far and we can call on her. We had an amazing 3 day event with over 220 5th graders, 12 high school FCCLA students, and 36 super volunteers. THANK YOU!!!

September saw many of our clubs meeting for the first time since spring, getting their calendars filled out for a busy year and working to increase membership. Remember, I challenged each of you to recruit a new homemaker this year via club membership or mail-box. You have until November 1st but why wait until the last minute. October will see many homemaker activities as Homemaker week is October 12-18! There are several events planned so please check out this newsletter for all the upcoming events. As always, if you have concerns or questions please feel free to contact me. This is your organization!

Elizabeth Rankin

President Bourbon
County

Extension Homemakers

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



**Cooperative
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Family and Consumer Sciences

\$tretching YOUR Dollar



KEHA LEADER LESSON

"Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries and other essentials.

DATE: October 30, 2025

TIME: 6:00 PM

LOCATION:

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361

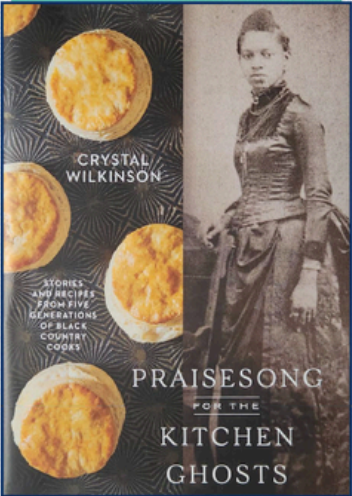
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Lanigan, KY 40340



Calendar of Events

October 1.....Bo Co Cultural Arts Fair Entries
October 2.....Bo Co Cultural Arts Fair
October 2.....Homemaker Council Mtg
October 12-18.....KEHA Week
October 17..Bluegrass Area Homemaker Mtg
October 20-24.....Kay at NEAFCS
October 27.....Management/Safety Chairs
October 30.....Leader Lesson
November 1.....2025 Memberships Due
November 12Diabetes Holiday Class
November 27-28.....Holiday Closing
December 24-January 2.....Holiday Closing



BIG BLUE BOOK CLUB

Big Blue Book Club
is back via Zoom!

October 27

November 3

November 10


November 17

1:30 pm Eastern/12:30 pm Central

Visit the Big Blue Book Club
Website to register:

<https://ukfcs.net/BigBlueBookClub>

and click on the book cover!



Join our County Watch Party!

Bourbon County Extension Office

603 Millersburg Road

Paris, KY 40361 | (859) 987-1895

If you missed the deadline to register for this Big Blue Book Club, please contact the Bourbon County Extension Office to share your interest and additional copies of book may be available. Anyone interested in participating in Watch Parties must call to register. Not all dates will be available at the Bourbon County Extension Office location. Looking forward to you joining us on the lyrical culinary journey.



October Is National Book Month:
Share the Love of Reading with Your Child

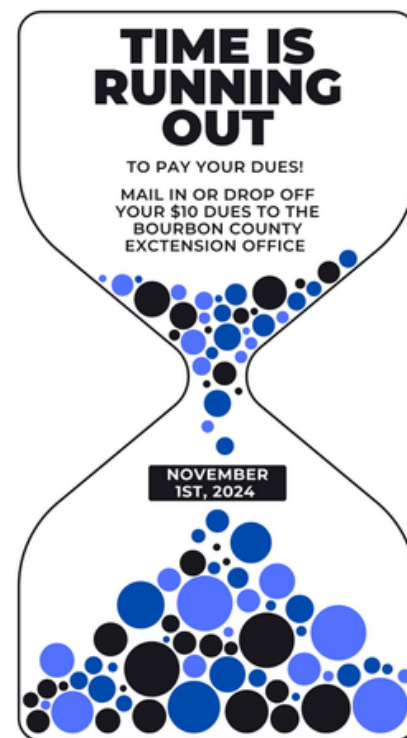
Homemaker Enrollment



SCAN HERE

Homemaker dues deadline
November 1, 2025!

You can scan QR code below or fill out a paper copy of the enrollment form as usual! Please remember if you fill out the form via the QR code, don't forget to drop off or mail in your dues!





CAREGIVER SUPPORT GROUP

MONDAY, OCTOBER 27TH - 6:00PM

sponsored by Bourbon County Homemakers

Please join us for our next meeting!
The speaker will be Meredith Pritchett, CSW
from Bluegrass Care Navigators, speaking on
Self-Care of the Caregiver.

CENTRAL BAPTIST CHURCH FELLOWSHIP ROOM

829 High St. Paris, Ky. 40361

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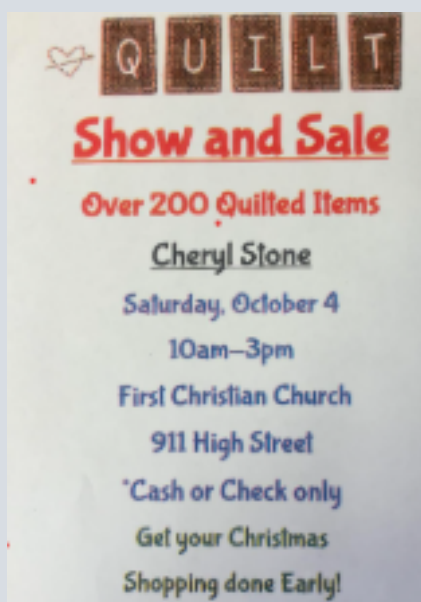
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Disabilities
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with prior notification.



From Candy To Confidence: Teaching Kids To Enjoy Sweets Mindfully

Adults have an important role in determining what kinds of foods to expose children to. Rather than feeling guilty or causing children to feel shame for eating treats, we can change our mindset to think of treats as part of a nutritious eating pattern. This can help build a better relationship with food. Halloween often involves candy and other sweet treats. This is an chance to practice mindfulness and to reframe how we think and talk about these foods.

Creating guidelines about treats is another way to create structure for meals and snacks while also teaching children nourishing eating behaviors. There are a wide range of professional opinions about how to handle treats. Some suggest limiting it to a couple of times a week, while others suggest small portions daily. Allowing children to eat the treat until satisfaction can help them tune into their hunger and fullness cues.

Once you decide how often you will offer treats, you can decide when it makes the most sense to incorporate a treat and where kids will eat that treat. Try to stay consistent, yet flexible with the guidelines. This can help children navigate social or special events now and in the future.

Encourage your child, and yourself, to eat nutritious, balanced meals throughout the day and to enjoy the candy or sweet treat alongside a healthy diet. Rather than restricting these foods, which can make us want them more, savor the candy or dessert when you eat them. Consider encouraging your child to be a candy critic and to describe the taste and texture of each bite. Remember that one day is not going to make or break anything.

Keep in mind your treat guidelines for leftover candy and the sweet treats coming this upcoming holiday season.

Source: Anna Cason, Extension Associate, and Courtney Luecking, Extension Specialist, Dietetics and Human Nutrition

Don't Tap That Text!

Have you gotten an unexpected text message recently? Some scams pretend to be someone you know, saying something like, "Hi! We haven't talked in a while" or "Is this you?" Others threaten or use fear.

A recent example of this has been text messages that appear to be from a toll agency that threatens large penalties unless you pay a toll charge immediately. Scammers are trying to capitalize on the rise of cash-free toll lanes across the United States, hoping that you will be confused whether you paid for or even used a toll road. Do not answer the text or visit a link sent to you! The person on the other end is hoping to get your credit card or other personal information to fraudulently use.

Similarly, there is a new text scam about false unpaid traffic tickets. The texter will pretend to be from the Department of Motor Vehicles or another agency, according to the Federal Trade Commission.

This is a type of "phishing" called "smishing," meaning it uses texting or short message service (SMS). In these cybercrimes, attackers pretend to be real organizations or individuals to fool people into giving them sensitive information, such as passwords, credit card numbers, or personal details. This is often done through fake emails, messages, or websites that appear trustworthy. Do not respond, do not click links, and delete suspicious texts.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management, and Paul Reese, Family Financial Counseling Student

Recipe for Life 2025 - A Success - Thank you volunteers!



Recipe for Life 2025 - A Success - Thank you volunteers!



2026-2027 Lesson Ideas

HEALTH & WELLNESS

FINANCES & MANAGEMENT

CULTURAL ARTS/ART

FOOD & NUTRITION

HOME & ENVIRONMENT



FAMILY

CLOTHING

OTHER INTERESTING UPDATES

WOMEN'S DAY OUT

DATE:
10.11.2025
9:30AM- 1:00PM

LOCATION:
FIRST CHRISTAIN CHURCH
911 HIGH STREET
PARIS, KY 40361

Guest Speaker & Survivor

Amber Logan

Breakout Sessions

AMY HURLEY, APRN
CRYSTAL DOBSON, APRN

How to Perform Self-breast Exams and
Importance of breast cancer screenings

LISA WHEAT, RD

Healthy Nutritional Habits

KAY DENNISTON

Mental Health and Cancer

EZRA KRISTIAN,
MASSAGE THERAPIST

Theraputic Benefits of Massage

AUDRA PERRAUT, PT

Fitness for Life

-
- ☐ Vendors
 - ☐ Door prizes
 - ☐ Breakfast & Lunch Provided



RSVP to reserve your free
shirt at 859-987-1915