



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

Family and Consumer Sciences News May 2023

Cooperative
Extension Service
Carter County
94 Fairground Dr
Grayson, KY 41143-9520
(606) 474-6686
Fax: (606) 474-8542
www.ca.uky.edu/ces

In this Issue

- Note from Agent- 1
- Mark Your Calendars- 2
- Homemaker News - 2
- Bingosize- 3
- HMKER Annual Meeting- 4
- Door Hanger Class-5
- Gardening Safely- 6-7

We started off the month of April with our Tie Dye class. I want especially thank Sue Tackett for teaching the class. We had a great turn out of both youth and adults. Our Make and Take series is coming to an end, but we will definitely do it again with a series of new classes! We are going to take a little break for summer and fall, but start back in 2024 when we have our new facility.

A new FCS advisory council met this month. If you attended that meeting, I want to thank you again! I am so excited about opportunities to partner with other groups and individuals from this council. They each have so much to bring to the work that we do and we are already working on plans for a community wide program for families in June!

I also got to help with the planning of Celebrate the Child at WCMS. Nikki Calhoun went to represent our office and promote programs and provide educational info to families for FCS, 4-H, and Ag. One of my favorite things about working in our office is how we all help each other and work as a team. We also depend so much on each of our volunteers and leaders and I'm so thankful for each of you!

We had a great time at our tour to Morehead! We learned so much about the history and especially enjoyed visiting a quilt shop! I always enjoy spending time with Homemaker members and getting to know each of you better!

There are many opportunities to get involved this month and the upcoming months. I hope you will join us!



Whitney Morrow

Whitney Morrow
CEA for Family and
Consumer Sciences
Carter County

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.



Mark Your Calendars

- May 2nd 11am- Homemaker Council
- May 3rd 10am-Mom's Group
- May 4th 1pm-Hike and Learn Laurel Gorge Cultural Heritage Center
- May 4th 6pm- Foster Parent Support Group
- May 5th- Come and Create Sew Day
- May 9th 10am-Extension District Board Meeting
- May 11th Noon- Make and Take Floral Arrangement
- May 18th 6pm-Door Hanger Class
- May 19th- Come and Create Sew Day
- May 26th 10am- Laugh and Learn Playdate

Bingosize will be offered twice a week during May and June at the Chapel House. Everyone is welcome to join us! The schedule is on the next page. Don't miss our on the fun!

For more information or to register for any of these programs, please call 474-6686

Homemaker News

- We had such a great time on our trip to Morehead! I'm already thinking ahead of other tours we can do in the future where we don't have any walking. Suggestions are welcome!
- May 8-11 Melanie Franks, Starlene Harris and I will be in Louisville for the State KEHA meeting.
- Don't forget to nominate officers for next year at your May meeting, if you don't meet in the summer. I need to know the officers, BEFORE August so we can have the booklets updated by opening day.
- Don't forget to register for the Annual Meeting! June 1st is the deadline to register. The guest speakers will be Homemakers from another county, speaking on the history of covered bridges.
- Be working on your cultural arts entries. There is so much talent within our members, please consider entering! If you need a copy of the categories, let us know!
- Each club will need to send \$10 for centerpieces and must bring an item valued at \$25 for the silent auction. You may bring additional less expensive items as well. Club of the Year and scholarship application are due by June 1st. Contact the office for applications.



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



Learn ways to protect yourself
against Covid-19 through Bingo!

We will meet twice a week for 6 weeks.
There will be prizes for attending all
sessions!

- May 16th and May 19th
- May 23rd and May 25th
- May 31st and June 1st
- June 6th and June 8th
- June 12th and June 16th
- June 20th and and June 22nd

Enjoy Snacks
and Prizes!

Chapel House

1:00 pm

Facilitator:

Whitney Morrow

Carter County FCS Agent

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.



We've Got You Covered

Annual Meeting

June 17th

10am

Olive Hill Center for Arts
and Education Tea Room

120 Comet Dr, Olive Hill

\$15 registration

Registration and check due by June 1st

Make checks payable to Carter County Homemakers

Buffet lunch catered by Olive Branch Platters

Cut at the line and return with check to register. Mail to Shirley Carra 148 Valleyview Rd. Grayson, KY
41143

Name _____

Club/Guest _____

Carter County 4-H

Door Hanger Camp Fundraiser

Thursday, May 18, 2023

Cost: \$40

All proceeds go towards 4-H Summer Camp Scholarships
Call the office to register by May 10th.

RSVP is required

Choose between
flip-flops or a
watermelon!



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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.



Disabilities
accommodated

ADULT

HEALTH BULLETIN



MAY 2023

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

THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



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.

Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

→ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com





Cooperative Extension Service

University of Kentucky

Carter County

94 Fairground Drive

Grayson, KY 41143

NONPROFIT ORG
US POSTAGE PAID
GRAYSON, KY
PERMIT 94

RETURN SERVICE REQUESTED

