



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

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

Family and Consumer Sciences News Summer 2023

Greetings From your FCS Agent

I wish I could start my greetings like I usually do-about what a great month May has been, but sadly it started off very tragically. Kentucky Extension, the east region, and our office suffered a devastating loss with the sudden death of Philip Konopka. We are all grieving this loss, but none can compare to the heartbreak that Rebecca has to endure. Anyone that knew Philip knows how kind, genuine, and special he was. He seemed to love everyone, but he especially adored his wife. Please continue to remember her in your thoughts and prayers in the days, months, and years to come. I know she appreciates all of your kindness.

I was able to begin Bingocize this past month with a total of 26 seniors. We are having a great time learning, exercising, and playing bingo!

Melanie Franks, Janice Prezioso, and myself attended the state KEHA meeting in Louisville. I appreciate their willingness to go and learn new things to bring back to our county!

I've also had some great opportunities to meet new families and promote our programs and recruit new clientele! You will see that we have a summer jam packed of programs to participate in. Sometimes I regret scheduling so much, but it would not be possible without the other agents in the office and our assistants, Erin, Nikki, and Alice. They do all of the behind the scenes preparations and it takes all of us to achieve a successful program. I also depend on my community partners and volunteers for so much! I love our extension family and the way that we all come together for the betterment of our county and commonwealth.

I want to give a special shoutout to the Homemaker members that helped with the 4-H sewing class. I wish I had room here to share photos. Be sure a check out our Facebook page -Carter County Extension-Family and Consumer Sciences Education for photos of all the fun!

In this Issue

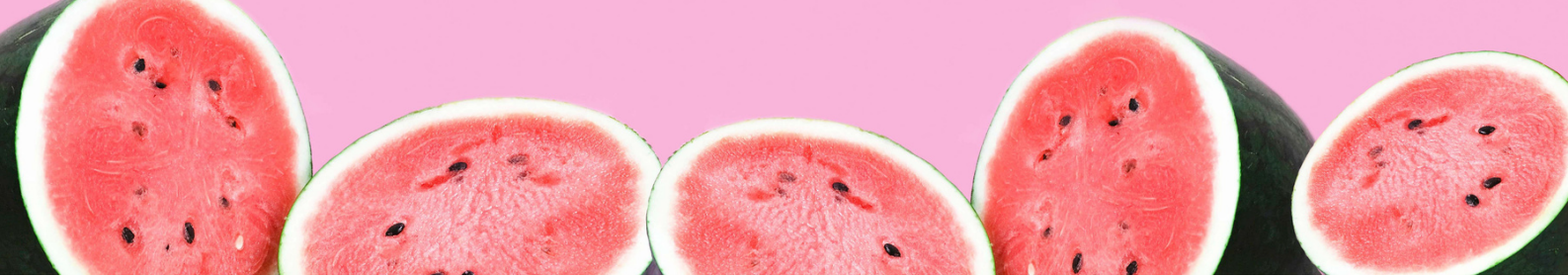
- Note from Agent- 1
- Mark Your Calendars- 2
- Homemaker News - 2
- Longest Day of Play- 3
- Super Star Chef Camp- 4
- Senior Vouchers-5
- Laugh and Learn Summer Schedule-6
- Kids Days- 7



Whitney Morrow

Whitney Morrow
CEA for Family and
Consumer Sciences
Carter County





Mark Your Calendars

- June 2- Sit and Sew (formerly known as come and create)
- June 3- Door Hanger Class 10am
- June 6- Bingocize Chapel House 1pm
- June 6- Call to make vouchers appointment
- June 7- Call to make vouchers appointment
- June 8- Drivers License Pop up
- June 12- Bingocize Chapel House 1pm
- June 15- Vouchers Grayson (by appointment only)
- June 16- Vouchers Olive Hill (by appointment only)
- June 16- Sit and Sew
- June 16- Bingocize Chapel House 1pm
- June 17- Homemaker Annual Meeting 10am
- June 19- Office Closed
- June 20- Bingocize Chapel House 1pm
- June 21- Longest Day of Play Sports Park 4-8
- June 22- Bingosize Chapel House 1pm
- June 23- Laugh and Learn Grayson Walking Trail 10-12
- June 27-29- Super Star Chef Camp
- July 4- Office Closed
- July 5- Mom's Group/ Laugh and Learn Field Trip
- July 6- Homemaker Report Day 10:00
- July 7- Sit and Sew
- July 12- Intro to Quilting Class 9-2
- July 17- Kids Day Olive Hill Market
- July 19- Food Preservation 10am
- July 21- Sit and Sew
- July 28- Playdate Field Trip to Carter Caves
- July 29th- Kids Day Grayson Market

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

Homemaker News

- Please let the office know of your officers for the upcoming homemaker year.
- Don't forget to register for the Annual Meeting! June 1st is the deadline to register. Registration will begin at 9am.
- Congrats to Cloteen Henderson! She received a blue ribbon in the state cultural arts for her crocheted baby dress.
- Each club will need to send \$10 for centerpieces and must bring an item valued at \$25 for the silent auction. You may bring anything else in addition to that item.



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

LONGEST DAY OF PLAY



Event Information:

 June 21, 2023


 4-8 pm

 Grayson Sports Park

Enjoy the playground and splash pad along with music, outdoor games, obstacle courses, art activities, giveaways, and more!

FREE
FUN FOR ALL
AGES
CONCESSIONS
WILL BE SOLD

More Information

 (606) 474-6686

 whitney.morrow@uky.edu



CARTER COUNTY
HEALTH DEPARTMENT

 **PrimaryPlus**

www.primaryplus.net

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.



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

SUPER STAR CHEF CAMP

FREE 3-DAY COOKING CAMP

For Kids ages 9 to 12
who DID NOT participate in 2022 and
live or attend school in Carter County

June 27-29
9:30-2:30
Call 474-6686 to register
Spots are limited



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.

Senior Farmer's Market Vouchers



ELIGIBILITY FOR SENIOR PARTICIPANTS

Age:

- 60 + at day of issuance
- Must provide proof of age.

This year to avoid long lines on distribution days, eligible Carter County seniors will call to schedule an appointment to pick up their Farmer's Market voucher card.

Steps to sign up for 2023 voucher cards:

1. Call 474-6686 between the hours of 8:30 AM-4:00 PM on June 6th or June 7th. (No appointments will be issued before 8:30 AM on June 6th.)
2. We'll need to know the following information:
 - Name
 - Address
 - Birthday
 - Income
 - Number in Household
 - If you received a card last year and if you still have that card.
3. We'll schedule an appointment for you to sign the paperwork and pick up a new card (if necessary). Appointments will be scheduled for June 15th in Grayson at the Extension Office Education Building and June 16th in the back parking lot of Olive Hill Elementary School.
4. Show up at your appointment time with proof of identification. **There is no need to show up early.** Once you have an appointment time, you are guaranteed to receive a voucher card if you show up for your appointment.

The purpose of the Kentucky Farmers' Market Nutrition Program (FMNP) is to gain market access for farmers as well as improving nutrition of low-income families by providing them better access to fresh fruits and vegetables. Funding for Kentucky's program comes from federal and state resources. The Kentucky Department of Agriculture (KDA) serves as the lead agency for SrFMNP. This year, seniors will be provided with a \$50 debit card that can be used to purchase fresh, unprocessed, locally grown fruits, vegetables, and herbs at State-approved farmers' markets. The Grayson Farmer's Market is located in the shed behind the Extension Office (94 Fairground Drive). The Olive Hill Market is located in the Save-a-Lot parking lot (131 Jessica Lane).

Eligibility guidelines are included on the back.

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



INCOME GUIDELINES

60 Years of Age and Older Based on 185 % Federal Poverty Income Guidelines

Senior participants will self-declare their income which is less than or equal to 185% of the poverty level.

Household Size	Annual Income	Monthly	Weekly
1	\$ 26,973	\$ 2,248	\$ 519
2	\$ 36,482	\$ 3,041	\$ 702
3	\$ 45,991	\$ 3,833	\$ 885
4	\$ 55,500	\$ 4,625	\$ 1,068
5	\$ 65,009	\$ 5,418	\$ 1,251
6	\$ 74,518	\$ 6,210	\$ 1,434
7	\$ 84,027	\$ 7,003	\$ 1,616
8	\$ 93,536	\$ 7,795	\$ 1,799
For Each Additional Family Member Add	\$ 9,536	\$ 793	\$ 183

Participants may only sign up for vouchers once each summer. Vouchers will be distributed on a first come-first served basis by calling to request an appointment on June 6th or 7th. Appointments will not be issued prior to June 6th.

You must live in Carter County to receive vouchers in Carter County.



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

Laugh and Learn

Playdates Summer 2023



June 23

Learn about Bugs!

Grayson Walking Trail/

Story walk

10am-Noon

July 28th

Field Trip to Carter Caves

Shelter behind the Welcome Center

10am-?

Pack a lunch and bring creek shoes

July 5th

Field Trip to Creative City

Russell, KY

10am-1pm

\$5 admission fee per child-Adults no charge

Meet at the museum at 10am or meet at the extension office at 9 to carpool.

Lunch will be provided.

August 25

Meet at the Grayson Sports Park

10am-Noon



Schedule is subject to change. Participants must be pre-registered and accompanied by an adult. During the School Year we will meet monthly on the 4th Friday at the Carter County Extension Office.



For more information contact

whitney.morrow@uky.edu or 474-6686

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



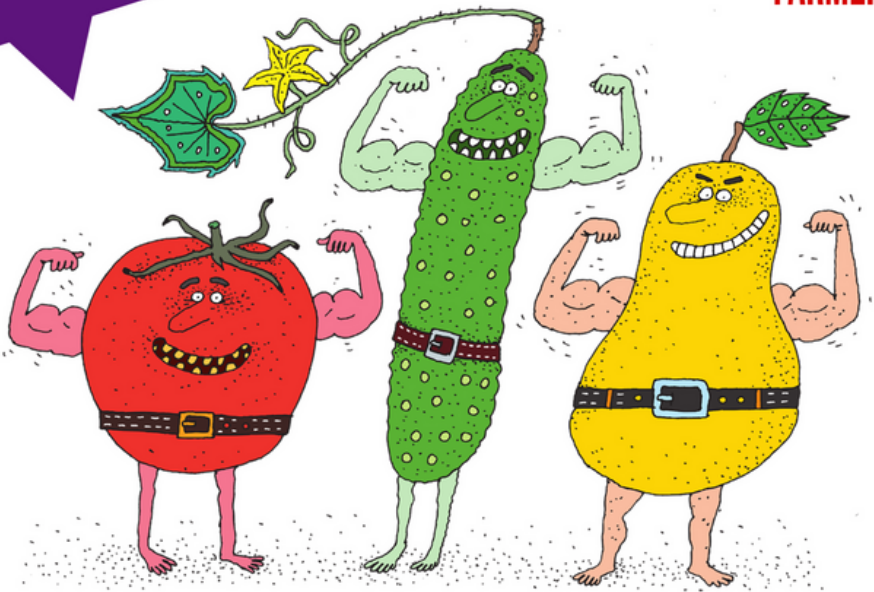
Disabilities accommodated with prior notification.

KID'S DAY



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

Sponsored by **Anthem** 
Medicaid



This Summer, at the Carter County Farmer's Market, we will have two Kid's Day events one at each location! Join us for some fun activities to earn bucks that can be spent at the market any time it's open through October 31, 2023

OLIVE HILL: Mon. July 17th 3:00p-4:30p

GRAYSON: Sat. July 29th 9:30a-11:00a

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.



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

