

HOMEMAKER HAPPENINGS

FAMILY & CONSUMER SCIENCES



August 2025

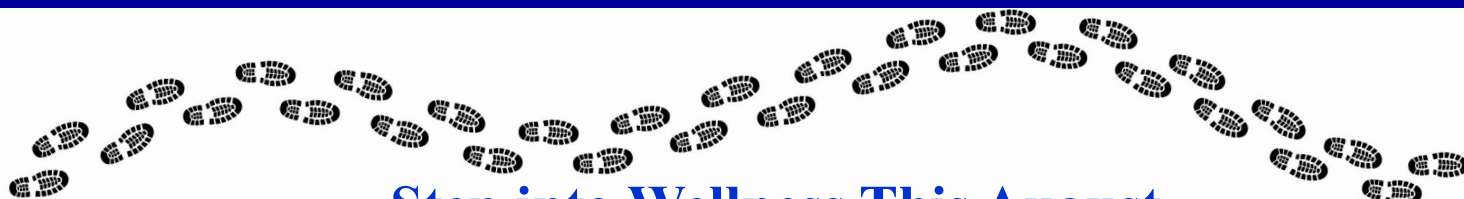
Cooperative Extension Service
Meade County

1041 Old Ekron Road
Brandenburg KY 40108

(270) 422-4958

FAX: (270) 422-3773

meade.ca.uky.edu



Step into Wellness This August

August is National Wellness Month. But what does “wellness” really mean? Wellness is about taking care of your whole self, not just your physical body. Wellness is made up of various dimensions. Some people say there are six, others say eight, and some even say there are more than that. Today, we will focus on the eight dimensions. Those dimensions are emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. These dimensions, both together and separately, have the ability to impact your overall health and well-being.

You may be wondering “how can I focus on my wellness this month?”

Focusing on your wellness does not have to be hard. If you are able to set aside just a few minutes in your day, you will be able to improve your wellness and overall health. Below are just a few ideas for how you can focus on your wellness this month!

- **Take care of your body.** This can be as simple as aiming to move your body more or focusing on drinking more water throughout the day.
- **Take care of your mental health.** This can be as simple as journaling at the beginning and/or end of your day.
- **Set realistic goals.** It might not always be easy, but if you begin with goals that are easier to reach, you can slowly work your way up to bigger ones. This can help you accomplish more over time.

So, this August (and even after August), let’s really take a step back and focus on our overall wellness!

References: <https://globalwellnessinstitute.org/what-is-wellness/>; <https://www.nih.gov/health-information/emotional-wellness-toolkit>
<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>; <https://shcs.ucdavis.edu/health-and-wellness/eight-dimensions-wellness>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist for Mental Health and Well-Being

Sincerely,

Extension Agent for Family and Consumer
Sciences Education Meade County

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



Disabilities
accommodated
with prior notification.

LINCOLN TRAIL AREA

EXTENSION HOMEMAKERS

KICKOFF

2025

EMPOWERED LEADERSHIP

BECOMING FISCAL FRONTRUNNERS

HANDS ON ACTIVITIES

AUGUST 28

CT: 9:00-11:30 AM



ET: 10:00 AM - 12:30 PM

HARDIN COUNTY EXTENSION OFFICE

**ATTENTION!
PLEASE!**

**EVERYONE WILL RSVP BY
CALLING THE
» HARDIN COUNTY OFFICE
270-765-4121**



All Members Welcome!

Please RSVP by August 25



**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

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accommodated
with prior notification.

Dear Members,

Our Meade County Extension Homemaker 77th Annual Awards and Recognition Dinner was held on June 17, 2025, at the extension office. Many members were acknowledged for their accomplishments during the year such as KEHA cultural arts blue ribbon recipients, perfect attendance for the club year, KEHA reading awards, media shout out, 4-H award, and Volunteer Service Hours. This year's recipient for the Above and Beyond Award was Shirley Beavin, a member of the Bluegrass Extension Homemaker Club. Congratulations to all. Thank you to all who participated and to those members of the Annual Meeting Planning Committee for all their hard work. Thanks also to each club for fulfilling their responsibilities associated with this meeting. Thanks to Tia Whelan and Anita Seymour for their time and efforts in organizing the recycle training and a big thank you to all the volunteers who taught recycling classes in the schools this past year. As a result, the Meade County Extension Homemakers were awarded a check in the amount of \$2,842.50. The basket raffle was again an immense success and total proceeds were \$1,074.00 which went toward the Backpack for Hunger program.

Entries in the Home and Garden Building during the Meade County Fair this year once again exceeded 1,200 entries. Thanks to all who entered exhibits, assisted the judges, organized and displayed items, and hosted the Home and Garden Building each night during the fair while the public had the opportunity to view all entries and grand champion winners. Thanks to those who assisted in preparing the breakfast for the Farm Bureau breakfast on Wednesday of fair week. It takes a lot of fortitude to get up at 4:00 to go cook breakfast for other people but it was very much appreciated and enjoyed by all in attendance.

I just want to remind you that our extension homemakers will begin the new year on August 28, 2025, with the Area Kickoff entitled "Empowered Leadership." If you plan to attend, please contact the Hardin County Extension Office and reserve your place. This is a wonderful way to begin the extension homemaker year. Thanks to all who have stepped up and accepted officer, educational [chairman](#) positions, or volunteered to be a monthly lesson leader. Working together and helping each other is how we continue to be successful in accomplishing all the wonderful things we do each year.

I hope as many as possible will consider attending this year's Lincoln Trail Area Annual Meeting on October 9, 2025, which will be hosted by Nelson County. From what I understand they have been working hard at making this another great annual meeting with a guest speaker, entertainment, and a great lunch meal planned. For those who will be entering cultural arts, please keep in mind your entries must be at the Meade County Extension Office not later than 4:00 p.m. on October 2, 2025.

Thank you for all that each of you do to help make our organization great! Wishing all the clubs another great and successful year ahead.

Janet Hobbs
Meade County Extension Homemakers President

Kroger Community Rewards Program

The Meade County Extension Homemakers is now apart of the Kroger Community Rewards Program!

To Use the Kroger Community Rewards Program:

Visit <http://www.kroger.com>. Once logged into to your Kroger account, search for MEADE COUNTY EXTENSION HOMEMAKERS either by name or WD566 and then click Enroll. New users will need to create an account which requires some basic information, a valid email address and a *rewards* card.

If you need assistance, please call the extension office and one of the ladies will be glad to help.



Big Blue Book Club News

Big Blue Book Club is back in its original format via Zoom! Mark your calendars for MONDAYS, beginning October 27 through November 17, as we read Praisesong for the Kitchen Ghosts by Crystal Wilkinson. We heard you when you asked for another book from a Kentucky author. Crystal Wilkinson not only is from Kentucky, but she is a former Kentucky Poet Laureate. And, we heard you when you asked for another "cookbook" story book. This book is full of family recipes and family stories that just might resonate with your own.

"A keeper of her family's stories and treasured dishes, Crystal Wilkinson shares her inheritance in *Praisesong for the Kitchen Ghosts*. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts* weaves together those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century."

Registration for this series opens September 2, 2025 on the website, ukfcs.net/BigBlueBookClub. As always, the first 200 registered participants will receive a free copy of the book.

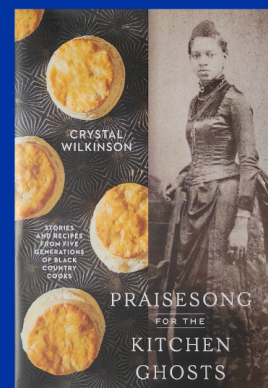


**BIG BLUE
BOOK CLUB**

**SAVE
THE DATE**

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT
via Zoom



Registration opens **September 2, 2025**. Visit the website, ukfcs.net/BigBlueBookClub, to register.



**WITS
WORKOUT**

An engaging, interactive,
and educational
brain health program



Martin-Gatton
College of Agriculture,
Food and Environment

Meade County Cooperative Extension presents
WITS WORKOUT

August 27th @ 2:00 PM

at the Meade County Extension Office
1041 Old Ekron Rd



ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

Meade County Extension

HOMEMAKERS HOLIDAY BAZAAR

Saturday, November 8th

9 am to 3 pm

Meade County Fairgrounds,
874 Hillcrest Dr Brandenburg, KY 40108

Over 60 booths of
handmade/homemade items!

**Santa will
arrive around
10 AM**







Is Your Data Being Sold? If You Don't Set Protections, It Might Be

You might not know it, but everything you do online creates a stream of data that others can use. This can impact you, your family, your workplace, and, if you offer support services, even your clients. All of your Internet-connected devices share some form of data: personal (like birthdates, addresses, workplace, family, and friends); financial (purchase history, credit card data, bank accounts); biometric (voice recognition, face recognition, fitness data); and behavioral (browsing history, social media, location tracking).

Companies have implemented data tracking applications on the internet to obtain your data. Hackers and cyber-terrorists are looking for ways to steal your information and sell it to other criminals. Once they take it, they never delete it. How is this possible? The U.S. has no centralized legal protection of your data. It is up to each person to take steps to protect their data.

Sometimes information is used in small ways. It might be used to personalize advertisements in your browser with things you have looked at online in the past. Your data also can be used in ways that may have a devastating impact on your life. An example of this would be identity theft, including Social Security number, bank account information, new credit cards being opened and used in your name, and even having the title of your house changed to someone else.

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It has ways you can increase your protection. Here are several key things to do:

1. Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith_Family_Home or 2_Dobermans). Set up strong encryption and make sure your router's firmware is up to date.
2. Check to see if any of your usernames have been compromised. There is a website which will tell you if a username and password has been leaked (<https://haveibeenpwned.com/>). If you see your username there, immediately change your password for all accounts where you have used it to login.
3. Use a different and complex password for each of your accounts.
4. Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the favorite ways hackers get your information.
5. Secure your social media accounts (Facebook, Instagram, LinkedIn, TikTok, X) as much as they will permit.
6. Secure your web browser. Review and adjust your browser's privacy settings to control what data you share with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

These are just a few of the important things you can do. The resources listed below can help walk you through these changes in detail. We live in an interconnected world. We share personal information with our family and friends, and our children share with their friends. Be sure that you are only sharing what you want with whom you want.

References:

Cybersecurity & Infrastructure Security Agency (CISA). (Retrieved April 15, 2025.) *Capacity Enhancement Guide: Securing Web Browsers and Defending Against Malvertising for Non-Federal Organizations*. https://www.cisa.gov/sites/default/files/publications/Capacity_Enhancement_Guide-Securing_Web_Browsers_and_Defending_Against_Malvertising-Guidance_for_Non-Federal_Organizations.pdf

Cybersecurity & Infrastructure Security Agency (CISA). (Retrieved April 15, 2025.) *Tips to Stay Safe while Surfing the Web, Part 1: Web Browser Settings*. <https://www.cisa.gov/resources-tools/training/tips-stay-safe-while-surfing-web-part-1-web-browser-settings>

U.S. Department of Defense (2021). *The Identity Awareness, Protection, and Management (IAPM) Guide*. Twelfth Edition. https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD_IAPM_Guide_March_2021.pdf?ver=FDvB5WW2UB_vxPVQBJuVww%3d%3d

U.S. Army Cyber Command. (Retrieved April 15, 2025.) *Cybersecurity: Information and tips on how to protect your important data*. <https://www.arcyber.army.mil/Resources/Cybersecurity-View-Page/Article/2059073/dod-online-identity-protection-guide/form/MG0AV3/>

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

JOIN US!

Why not join an existing club or start a new one. If your time is limited, become a mailbox member. Mailbox membership allows you to receive all educational materials, bulletins and our monthly newsletters plus other mailing sent right to your home.



To become a member of the Meade County Extension Homemakers,



Judge Executive Troy Kok signing a proclamation declaring second week of October as Meade County Extension Homemaker Week

Name: _____

Address: _____

Email: _____

Phone: _____

☐ Sign me up for a mailbox membership.
(Enclosed is \$8 yearly fee)

☐ I want to join a club, please contact me.

Return form and \$8 to:

Meade County Extension Office, 1041 Old Ekron Road, Brandenburg KY 40108.

Checks are to be made payable to MCEH.

Bacon and Tomato Dip

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve excess juice

4 slices bacon, cooked crisp and crumbled

1 teaspoon garlic powder

1. Combine all ingredients.

2. Add reserved tomato juice until dip reaches desired consistency.

3. Serve with fresh vegetables or reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

