



FAMILY & CONSUMER SCIENCES APRIL NEWSLETTER

Hello, everyone!

Spring has officially sprung here in the Bluegrass state and I could not be happier! I hope you enjoy this newsletter!

Waiting for you inside!

- **Homemaker News**
- **Calendar of Events**
- **Flyers**
- **Health Bulletin**



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BATH COUNTY HOMEMAKERS

Lunch & Learn Leader Lesson

Topic: Savor the Flavor: Herbs

When: April 1st

Time: 12 PM

Lunch will be provided.

Call the office to register.



Homemaker Council Meeting

When: April 16th

Time: 5:30 PM

Where: Bath County Extension Office

Sharpsburg is collecting aluminum can tabs for Ronald McDonald House. Collections are to be dropped off to the office by April 16th.



Club Meeting Dates

Bethel Nite: 2nd Thursday at 5 PM

Country @ Heart: Second Monday each month @ 5:30 PM

Hill N' Dale: Third Monday @ 6 PM
Ramsey Building

Salt Lick: First Tuesday each month @ 12 PM

Sharpsburg: April 9th @ 11 AM Porta Grande Mt. Sterling

Homemaker Cultural Arts

If you won a blue/purple ribbon last year and want items taken to KEHA State Meeting, please drop off at the office by April 30th.

This year items will be judged before the annual meeting drop off will be June 17th between 9-2 .

If you would like to bring a 12x12 quilt square for the KEHA State Quilt Square Auction, bring those to the office by April 30th.



2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
2. ART, 3-Dimensional
 - a. Carving
 - b. Sculpture
3. ART, NATURAL
 - a. Wood
 - b. Other
4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
 - c. Other
5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
7. CERAMICS
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
9. CROCHET
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
13. FELTING*
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

a. Beaded e. Machine Appliqué (machine quilted)

b. Mixed Media (wire, chain maille, f. Machine Pieced (hand quilted) mixed with beads) g. Machine Pieced (machine quilted)

c. Original Design h. Novelty (stenciled, embroidered,

16. KNITTING (HAND – with knitting miniature, etc.) (hand quilted)

needles) i. Novelty (stenciled, embroidered,

a. Accessories miniature, etc.) (machine quilted)

b. Fashion j. Technology Based (hand or machine

c. Home Décor and Afghans quilted)

17. KNITTING (OTHER – machine / loom) k. Miscellaneous (hand or machine

18. NEEDLEPOINT quilted)

a. Cloth Canvas 23. PAPER CRAFTING

b. Plastic a. Card Making

19. PAINTING, ART b. Origami

a. Acrylic c. Quilling

b. Oil d. Scrapbooking****

c. Watercolor 24. RUG MAKING

20. PAINTING, DECORATIVE a. Braided

a. Metal b. Hooked

b. Wood c. Punch Needle

c. Other d. Woven

21. PHOTOGRAPHY (mounted or 25. WALL or DOOR HANGING framed) ** a. Fabric

a. Black & White b. Other

b. Color 26. WEAVING

22. QUILTS*** a. Hand (macrame, caning)

a. Baby-size or Lap-size (hand quilted) b. Loom (includes pin weaving)

b. Baby-size or Lap-size (machine 27. MISCELLANEOUS (Items not included quilted) in other categories listed, otherwise they will

c. Hand Appliqué (hand quilted) be disqualified.)

d. Hand Pieced (hand quilted)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition

- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.

- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition

- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. All items used for display should be labeled with exhibitor name.

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. Exhibitor is responsible for category/subcategory determination.

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.












The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.









April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Lunch & Learn: Herbs @ 12 	2 Project Linus @ 10 AM Project Linus 	3 Paper Hugs @ 10 AM 	4	5	6
7	8 Sew Day @ 9:30 am 	9 The Family Dinner Table Project @ 5 PM 	10	11 Big Blue Book Club @ 11 AM 	12	13
14	15	16	17	18 Big Blue Book Club @ 11 AM 	19	20
21	22 EARTH DAY 	23	24 Cooking through the Calendar @ 3:30 PM 	25 Big Blue Book Club @ 11 AM 	26	27
28	29	30 Community Baby Shower @ 12 PM 				

Family and Consumer Sciences Extension Calendar

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May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Paper Hugs @ 10 AM 	2	3	4
5 	6 Lunch & Learn: Generational Differences @ 11 	7 Project Linus @ 10 AM 	8	9	10	11
12 	13 Sew Day @ 9:30 am 	14	15	16	17	18
19	20	21	22 Cooking through the Calendar @ 3:30 PM 	23	24	25
26	27 Memorial Day 	28	29	30	31	

Savor *the* Flavor



BUILDING FLAVOR WITH HERBS

Which herbs should I have in my pantry? Which is best — fresh versus dried? How do I know when to use them? These are common questions people have about using herbs in the kitchen. Join us for this lesson where you will learn about various types of herbs, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

We look forward to seeing you!

When: April 1st

Time: 12 PM

Where: Bath Co. Ag Center

Lunch will be provided.
Registration is required.

To register call: 606-674-6121



Lunch & Learn: Understanding Generational Differences



When: May 6th

Time: 11 AM

Location: Bath Co. AG Center

**Lunch will be provided.
Registration is required.**



Cooking Through The Calendar



. The 4th Wednesday of every month.

Time: 3:30 PM

Location: Bath County AG Center

Join us as we prepare and taste test the featured recipe!

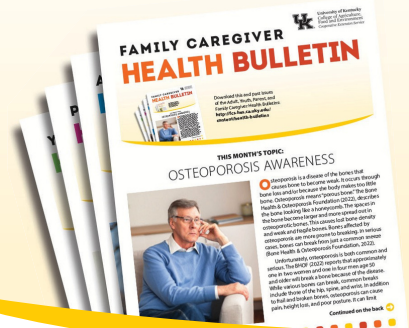
Registration is required.

Call our office at 606-674-6121 to sign up!



FAMILY CAREGIVER

HEALTH BULLETIN



APRIL 2024

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 SUPPORTING BRAIN HEALTH



If you are a caregiver for someone with Alzheimer's disease, you are not alone. According to the Alzheimer's Association, more than 157,000 family caregivers provide an estimated 302 million hours of unpaid care to help preserve the health, safety, and dignity of more than 75,000 older adults living with the condition. Alzheimer's disease gets worse over time because of a build-up of plaques and tangles of proteins in the brain. Over time, these plaques and tangles destroy the healthy connections between nerve cells in the brain and the ability for the cells to properly function, thereby impacting memory, thinking, and other cognitive abilities. Eventually, a person with Alzheimer's disease may not be able to carry out activities of daily living. As a result, dementia caregiving can be stressful, expensive, and overwhelming. Many caregivers face limited resources and lack of training. Here's how caregivers can support brain connection through everyday engagement.

Continued on the next page ➔



Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.

➔ Continued from the previous page

The brain has billions of nerve cells, called neurons, that process and transmit information. According to the National Institutes of Health (2024), these cells communicate with different parts of the brain and the rest of the body to function. Alzheimer's disease disrupts a neuron's ability to communicate to its neighboring cells. When neurons stop communicating properly, they die. To stay healthy, the NIH explains that neurons need constant communication with their neighboring cells, and they need proper energy in the form of oxygen and nutrients, which is supplied by the blood. A neuron's survival is also based on its ability to maintain, repair, and remodel itself. This means that the adult brain has the ability to generate new neurons and build new connections, a process called neurogenesis, depending on how much or little stimulation it is receiving from other cells.

As a caregiver, you can help protect both your brain and the brain of someone to whom you provide care. Here are some ways that you can promote brain health and support brain connections through everyday engagement:

- **Sensory stimulation:** Neurons are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. Environments should include a variety of textures, sounds, smells, and tastes.

Consider planting a garden, swinging on a porch swing, feeding the ducks, or playing music.

- **Physical exercise:** Combine physical activity with fresh air and sunshine to elevate the senses.

The Centers for Disease Control and Prevention recommends 150 minutes of exercise per week.

Think about ways you can move more and sit less.

You could dance in your kitchen, rock in a rocking chair, wash the car, skip rocks, or window shop.

- **Social engagement:** Interact with people. Talk, sing, touch, and watch people. Take drives with the windows down. Play with children and pets. Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.

- **Cognitive challenges:** Stimulate thinking by staying engaged and participating in activities. Challenge your brain just enough to make it hard, but not so hard you feel frustrated.

- **Eat healthy:** Diets good for your heart are also good for your brain. Heart-healthy diets include Mediterranean foods, low sodium, whole grains, healthy fats, and lean meats and fish.

- **Sleep:** Good sleep helps restore and cleanse the brain of toxins. You should get 7 to 9 hours a night.

Research study

For information on a voluntary University of Kentucky research study for caregivers of adults with memory loss and dementia living at home in Kentucky that include these points on brain health, scan the QR code or visit:

<https://www.ccts.uky.edu/participate-research/current-studies/are-you-caring-someone-dementia-0>



SOURCES:

- Elizabeth Rhodus, PhD, University of Kentucky Sander Brown Center on Aging
- Amy F. Kostelic, PhD., associate Extension professor for adult development and aging

REFERENCES:

- CDC. (2023). How much physical activity do older adults need? https://www.cdc.gov/physicalactivity/basics/older_adults
- E. Rhodus. (2024). OLLI Donovan Forum presentation. February 15, 2024. Lexington, KY
- NIH. (2024). What Happens to the Brain in Alzheimer's Disease?. <https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/what-happens-brain-alzheimers-disease>

FAMILY CAREGIVER
HEALTH BULLETIN

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