

# FCS Extension News

Hickman County  
329 James H. Phillips Dr  
Clinton, KY 42031  
270-653-2231  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



## November/December

Often times as two group come together, there can be adjustment conflicts. Nothing major just the small changes we make to our lives to accommodate a new norm, either permanent or temporary. New norms like two families becoming one. We can all think of some example of joined families not getting along. However, during this time of remembering all I have to be thankful for, I am very thankful for the family I have.

When my wife and I got married, there was no dislike between our families, and everyone quickly became our FAMILY, singular not plural!) My mother was so thankful for my mother-in-law helping her get her grandmother's quilt completed. My MIL was so thankful to be able to help. What are you thankful for?



## Upcoming Dates

- Nov 5 - Office Closed for Election Day
- Nov 6 - Wits Workout @ Senior Center
- Nov 7 - Women in Ag
- Nov 9 - Craft Fair at Hickman County Elementary School
- Nov 19 - Going on a Bear Hunt GROW Event with KAPS
- Nov 20-Nov 22 - Agent out of Office
- Nov 28- Nov 29 - Office Closed for Thanksgiving
- Dec 2,3,12&16 - Budgeting Basics @ Extension Office
- Dec 4 - Wits Workout
- Dec 7 - Christmas Parade
- Dec 8 - Cookies with Santa
- Dec 18 - Wits Workout
- Dec 19 - Laugh and Learn

# Upcoming Lessons!!



## Dec/Jan - Elements and Principles of Art II

*With Vicki Wynn - Marshall County FCS*

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects.

Graves County - 12/4    Marshall County - 12/5  
Hickman County - 12/3    McCracken County - 12/12

## Feb - Move Your Way: Exercise for Everyone

*With Kelly Alsip - McCracken County FCS Agent*

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

Graves County - 1/29    Marshall County - 1/28  
Hickman County - 1/31    McCracken County - 1/30

## Mar - Indoor Air Quality

*With Mike Keller - Hickman County FCS Agent*

What do you think of when you hear the term “air quality”? Many may think of outdoor air pollution such as vehicle exhaust, smog, and smoke but what about indoor air quality? Have you considered what contributes to indoor air quality? This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one’s health, and steps for improvement.

Graves County - 2/26    Marshall County - 2/27  
Hickman County - 2/24    McCracken County - 2/28

**A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.**


# PURCHASE LESSON SCHEDULE 2024-2025

		Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	How to get out of the Mealtime Rut				
<b>SEPT</b>	Denise Wooley	8/30	8/29	8/26	8/28
<b>Lesson</b>	Lead Your Team: Health Literacy for the Win!				
<b>OCT</b>	Brooke Hogancamp	9/26	10/2	9/30	9/25
<b>Lesson</b>	Communication Essentials for Good Impressions				
<b>NOV</b>	Sarah Drysdale	10/29	10/25	10/31	10/30
<b>Lesson</b>	Elements & Principles of Art II				
<b>JAN</b>	Vicki Wynn	12/4	12/3	12/5	12/12
<b>Lesson</b>	Move Your Way: Exercise for Everyone				
<b>FEB</b>	Kelly Alsip	1/29	1/31	1/28	1/30
<b>Lesson</b>	Indoor Air Quality				
<b>MAR</b>	Mike Keller	2/26	2/24	2/27	2/28
<b>Lesson</b>	Gardening Safely				
<b>APR</b>	Debra Hixon	3/25	3/27	3/26	3/28
<b>Lesson</b>	Healthy Eating Around the World				
<b>MAY</b>	Anna Morgan	4/30	4/29	5/1	5/2
<b>Lesson</b>	Carbon Monoxide				
<b>JUNE</b>	Mailout				



# Homemaker VSU Booklets Available Now!

Annual booklets are available at the Hickman County Extension Office to help keep track of your volunteer service hours, books read, and passport destinations!! Come get yours today!



## Wits Workout

**Come train your brain!**

**At the Hickman County Senior Center**

**Contact the Hickman County Extension Office for More Information!**  
270-653-2231  
[mike.keller@uky.edu](mailto:mike.keller@uky.edu)



**For age 5 & under accompanied by an adult**

## Laugh & LEARN

Fun & Creative Playdate for Pre-Schoolers  
Games, Story time,  
Sensory & Developmental Activities

**OCCURS THE 3RD THURSDAY OF EVERY MONTH**

THIS MONTH'S TOPIC:  
THANKSGIVING!

FOR MORE INFO  
CALL 270-653-2231  
EMAIL [MIKE.KELLER@UKY.EDU](mailto:MIKE.KELLER@UKY.EDU)

**MONTH OF NOV  
GRAB BAGS AVAILABLE  
AT THE HICKMAN  
COUNTY LIBRARY**



November Laugh and Learn will be a kit put together for take home or immediate use available at the Hickman County Memorial Library. No formal Laugh and Learn for November but you are welcome to make new friends at the library!

# Wits Workout

**Come train your brain!**

Dates may change. Contact the Hickman County Extension Office or Hickman County Senior Citizens Center for more information.

November 6th

December 4th & 18th

January 15th & 29th

February 12th

March 26th

April 9th & 23rd

May 7th & 21st

# Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well. They can be difficult but rewarding.

		3	8	4		1	5	
			9		6			
4	6	8				9	3	
5			6				4	
	4		7	2	5		9	
	8				4		5	
	1	9				3	6	4
			3		2			
	3	5		1	9	2		

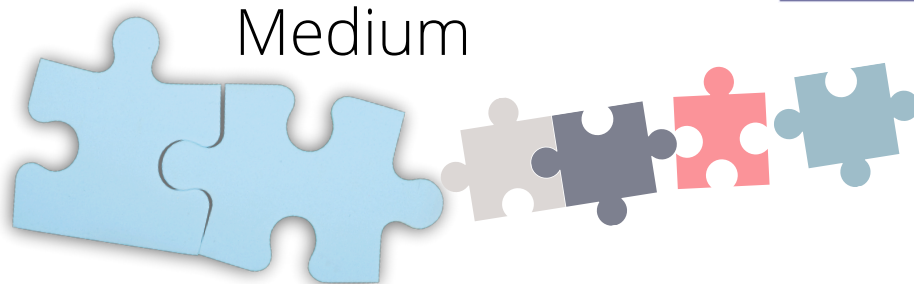
Easy

	5	6	9	2			7
4					8		2
			3	6	5	9	
				7	6		
	7						5
		2	8				
	4	1	5		2		
	3		4				5
	2			1	3	7	4

Medium

7	8		5					
5				6	7			
1			8			7		
		7					9	4
2		9				5		6
4	6					1		
		8			9			3
			7	2				5
					3		4	7

Hard



# REMINDER

Dues are due **DECEMBER 1st!** Don't forget to renew!  
Encourage a friend to join!! Lets GROW Homemakers!!!

## Is KEHA for me?

**Home. Family. Community. Tradition.**

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

Join the time honored organization that values **QUALITY OF LIFE** above all.

**Annual Dues \$1 0.00**

**Flexible Membership options for Homemakers in all walks of life!**

### REGULAR CLUB MEMBERSHIP

- Attend monthly meetings
- Participate in club and county activities
- Educational lesson each meeting
  - Receive newsletters and information about programs
  - Leadership opportunities
  - Awards and recognition
  - Community Support

### MAILBOX MEMBERSHIP

Mailbox: Members enjoy the privileges of regular Extension Homemaker Club membership, but choose to not attend a regularly-scheduled club meeting. Ideal for those who wish to stay connected but have less time to regularly commit.

**Fellowship. Knowledge. Service. Love.**

**HOMEMAKERS**

For membership information, call the Hickman County Extension  
Office 270-653-2231

Hickman County Extension Homemakers Association



Member Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I. \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: KY Zip: \_\_\_\_\_

Gender: Male or Female Birthday (optional): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ year optional

E-mail: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ (text Y or N)

Ethnic Background (circle all that apply): 1) White 2) Black 3) Alaskan/Am. Ind. (Optional) 4) Asian 5) Hawaiian/Pac. Island

Residence (check one):  Farm  In Country, but not on farm  Town under 2,500  4) Town over 2,500

Age Group (check one):  15-19  20-24  25-34  35-39  40-44  45-64  65+

Number of years in club membership:  Less than two years  2-5 years  6-10 years  11-15 years  16-20 years  21-35 years  36-49 years  50+ years

Club Affiliation (Check One):  Mailbox Member  Crossroads  Town and Country  Would like to start a new club  Would like to become a member of an existing meeting club

Would you be interested in serving on the →

County Extension Homemaker Advisory Council or  Yes  No Family and Consumer Science County Council (quarterly meetings)?  Yes  No

Would you prefer the newsletter sent through mail or e-mail?  Mail  E-Mail

\*\*\*\*\*

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Stay Connected

## Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

## Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

## Contact Us

Hickman County Cooperative Extension

329 James H. Phillips Drive

Clinton, KY 42031

270-653-2231

[mike.keller@uky.edu](mailto:mike.keller@uky.edu)

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If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at [mike.keller@uky.edu](mailto:mike.keller@uky.edu). Your input is very important.



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RETURN SERVICE REQUESTED

**Healthy Homes.**

**Healthy Families.**

**Healthy Communities.**

*It starts with us*