

FAMILY & CONSUMER SCIENCES

Extension Homemakers

**Cooperative
Extension Service**
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Homemaker Leader Trainings

The following trainings will be held at the Powell County Extension Office at 1:30 p.m.

Thursday, February 4, 2016 – Know the 10 Signs: Early Detection Matters: The human brain ages just like the rest of the body. Slower thinking and occasional memory loss often accompany aging. According to the Alzheimer’s Association, memory loss that disrupts daily life however can be a symptom of Alzheimer’s Disease or Dementia. You will learn the ten warning signs and symptoms that can alert individuals to early detection.

Thursday, March 3, 2016 – Understanding Generational Differences: Followers, co-workers or family members who have shared the same experiences can view the same situations or recall specific events so differently. These differences in perspective can often be attributed to generational differences. This program will discuss the strengths and challenges of each generation and how that contributes to leadership style.

Thursday, April 7, 2016 – Tackling Your Laundry: With the ever-changing world of laundry detergents, machine choices, stain removal products, general



laundry care and safe laundry prices to consider, the need to educate consumers to make the safest, most efficient choice is necessary. This program guides participants to create a safe laundry room that will protect families, choose the right product for the right job, identify ways to remove common stains, and understand the difference between traditional and high efficiency washing machines.

Bluegrass Area Craft Festival

If you have a craft you would be willing to teach at the Bluegrass Area Craft Festival this year, please submit the enclosed form and a sample of the craft you are willing to teach to the Extension Office prior to March 31, 2016. The festival will be held on October 14 and 15, 2016 in Madison County.



Inspirational Program

The Bluegrass Area Extension Homemakers are responsible for the Inspirational Program for the upcoming year. We need someone willing to write an inspirational piece to submit. If you are willing to write or have an inspirational story to share, please call Sue Teasley or let me know at the Extension Office by February 15. I will provide you with guidelines to assist you.

Valentine's Day Dinner

The Powell County Livestock Producers will be holding a Valentine's Day Dinner on Friday, February 12, 2016. The cost will be \$30.00 per couple or \$15.00 for one. Seating times will be 5:30 p.m. and 7:00 p.m. We will have limited seating with no more than 50 reservations per seating, so give us a call if you would like to come!

Menu



Salad



Baked Potato

Steak

(Please choose plain or bourbon)

Roll



Dessert



Drink

Reservation deadline: February 11 at 4:30 p.m.

Grandparent Raising Grandchildren Conference

The 14th annual Grandparents As Parents (GAP) conference will be held on Thursday, March 10, 2016, at the Clarion Hotel in Lexington, Kentucky. Grandparents, caregivers, relatives, and professionals are invited to attend.

Two presentations on substance abuse will be featured along with breakout workshops, free legal consultations, benefits consultations (social security/disability, DCBS family support, adoption, kinship, Medicaid and SHIP), exhibits and resource fair and lunch. Cost for conference is \$5.00 for grandparents/relatives and \$50.00 for professionals.

Deadline for registration is March 3, 2015. Please give me a call if you would like more details or a registration form.

Diabetes Self-Management Classes Underway

A four-week series of lunchtime classes will be offered as follows:

January 27, 2016

Overview of Diabetes & Complications

February 3, 2016

Goal Setting & Lifestyle Factors...Diet & Exercise

February 10, 2016

Diabetes & How It Affects Other Parts of the Body

February 17, 2016

Self-Care with Diabetes

These classes will be held at noon at the Powell County Extension Office with a free lunch & recipes provided for each session! A free cookbook will also be given to participants.



These classes are sponsored by the Powell County Cooperative Extension Service, Foothills Health and Wellness Center & Powell County Health Department.

If you are interested in participating in any of the above classes, please register by calling the Powell County Extension Office at 663-6405.

Sincerely,

Pam Dooley
CEA for Family & Consumer Sciences 01/2016

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