

April 2025

# Newsletter



FAMILY & CONSUMER SCIENCES  
BOURBON COUNTY EXTENSION HOMEMAKERS



*Kay Denniston*  
Bourbon County Extension Agent  
for Family & Consumer Sciences

Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

Cooperative Extension Service  
Bourbon County  
603 Millersburg Rd  
Paris, KY 40361  
(859) 987-1895  
Fax: (859) 987-3120  
bourbon.ca.uky.edu

Martin-Gatton  
College of Agriculture,  
Food and Environment

Event sponsored by  
Bourbon County Homemakers  
and First Christian Church

**Free Community Event!**

# Shred Day

Paper Products Only!  
No hard bound books

April 19th  
First Christian Church  
911 High Street  
10am-11:30am

For additional questions please call 859-987-1895.  
*All paper is shredded onsite*

BOURBON COUNTY HOMEMAKERS  
PRESENTS

## OVARIAN CANCER LUNCHEON

SPEAKER CHERI HAUBER  
FROM OVARIAN AWARENESS OF KENTUCKY

BOX LUNCH  
COST \$12

ALL PROCEEDS WILL BE DONATED  
TO OVARIAN CANCER RESEARCH

APRIL 23, 2025  
12 PM  
ST PETERS EPISCOPAL CHURCH  
311 HIGH ST, PARIS, KY 40361

RSVP BY APRIL 17TH TO BOURBON  
COUNTY EXTENSION  
859-987-1895

## AGENT'S CORNER

April is one of my favorite months of the year! As nature bursts back to life with vibrant colors, spring showers provide a natural refresh, inspiring me to do the same in my surroundings, work, and self-care. This month, take advantage of the opportunities available to support your own renewal. Be sure to mark your calendar for events designed to help you with your spring cleaning—both inside and out—so you don't miss out!

*Kay Denniston*

Family & Consumer Science Agent  
Bourbon 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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notificati



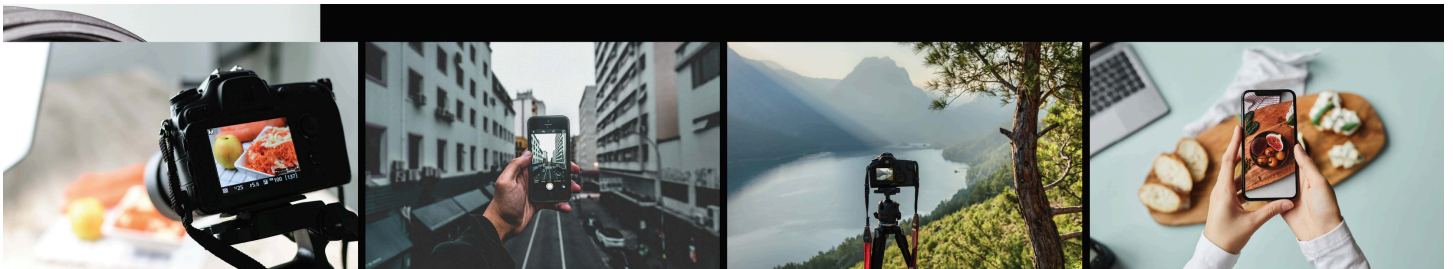
COOKING THROUGH THE  
*Calendar*

April 4th at Noon  
Bourbon County Nutrition  
Education Program  
Facebook Page

For more information about the NEP calendars or  
program contact the Bourbon County Extension  
Office 603 Millersburg Road Paris, KY 40361

April 4th featured recipe:

**Lemon Broccoli Pasta**



## COMPOSITION IN PHOTOGRAPHY

Learn the basic photography skills with light  
camera settings, elements and principles of art,  
photography vocabulary, and explore concepts for  
taking a visually pleasing photograph.

**Date:** April 17, 2025

**Time:** 6:00 PM

**Location:**

Bourbon County Extension  
603 Millersburg Road  
Paris, KY 40361

**RSVP:** Call 859-987-1895



## PRESIDENT NOTES

Awe Spring! I marvel at the wonderful sights this time of the year: flowering trees and shrubs, flowers bursting from the previously frozen ground, new calves and foals playing on the beautiful green grass of Kentucky. Can it be any more beautiful?

When I am asked to write my presidents notes I always come down to just wanting to thank each homemaker for their participation and involvement in our homemaker activities.

The month of March had no exceptions: We had a great fund raiser in our concessions for the annual farm machinery auction, a superb reception for our new 4H Agent Levi Broeking, Kasey and Kay took Mr. McGregor and Peter Rabbit on tour to all the kindergarten classes in our county and a busy council meeting on the 20th. Everyone is welcome to attend our council meetings, sometimes they tend to be long, but we have a lot of activities and events to discuss as a council. So as April rolls onto our calendars we are looking forward to our Shred-It event, Ovarian Cancer Luncheon and of course Easter. Please look for more information in this newsletter and support those homemakers who make all the arrangements and orchestrating these events. A big thank you to everyone who has anything to do with homemaker activities. Without you and your help these remarkable events could not happen. Thank You!!!

**"Alone we can do so little,  
together we can do so much"**  
**Helen Keller**

*Elizabeth B Rankin*  
Bourbon County  
Homemaker President



### Bourbon County Extension Homemakers Scholarship

The Bourbon County Extension Homemakers Family & Consumer Sciences Scholarship will be awarded to a Bourbon County resident majoring in Family & Consumer Sciences or any field that encourages the betterment of the family. Financial need and dedication to the field of Family & Consumer Sciences will play major roles in determining the scholarship recipient. Demonstrated determination to finish college as evidenced by Grade Point Average, letters of recommendation, and career goals relating to Family & Consumer Sciences noted in the application will also help determine the scholarship recipient. Recipient must be registered as a full time student (12 credit hours or more) each semester.

Applications available at Extension Office or by clicking button below.  
Completed application should be returned to the Bourbon County Extension Service, Family & Consumer Sciences Agent, 603 Millersburg Rd, Paris, KY  
All applications must be received before **4:00 pm, April 24, 2025.**

The \$1,000 scholarship will be awarded at the school awards ceremony. Payment of the scholarship will be \$500 per semester pending GPA and enrollment qualifications.

## Save the Dates

April 4.....	Cooking Through Calendar
April 14-16.....	FCS Retreat Kay Out
April 17.....	Leader Lesson
April 19.....	Shred Day
April 23....	Ovarian Cancer Luncheon
April 24.....	Scholarship App. Due
April 25.....	Safety Day
May 6-8....	KEHA Sate Meeting, Lex
May 13.....	Homemaker Council
June 13 & 14.....	Horse Show
June 22-28.....	Bourbon County Fair



Make plans to attend the 2025  
State Meeting  
at Hyatt Regency Lexington  
401 West High Street, Lexington!  
May 6-8, 2025



A white ceramic bowl filled with granola, topped with fresh strawberries, blueberries, and a sprig of mint. The bowl sits on a rustic burlap surface, surrounded by more berries and a wooden spoon.







## Meet the People Behind Your Shop Local Card



For the past three years Southern Lux Style has been the boutique to shop for gifts, home and clothing. According to the facebook page, these items are “meant to be welcoming and familiar to all who love living below the Mason Dixon. Come visit!”.

Owner Stacey McKinzie has lived in Paris for 10 years and has owned Southern Lux Style for almost three years. “I love getting to know the customers on a personal level.” Before owning the boutique, McKinzie was a stay-at-home mother for 17 years. She said, “I bought the store because I needed something to do!”

Stacey attended college for interior design and fashion merchandise, which can be seen by how beautifully laid out and decorated her shop always is!

Stacey’s goal for Southern Lux Style is to eventually expand the store area.

Be sure to stop by and visit Stacey at Southern Lux Style! The address is 808 Main Street, Paris, KY. You won’t regret it! If you need to reach out to her for any questions, please call Stacey at (502) 370-1261.

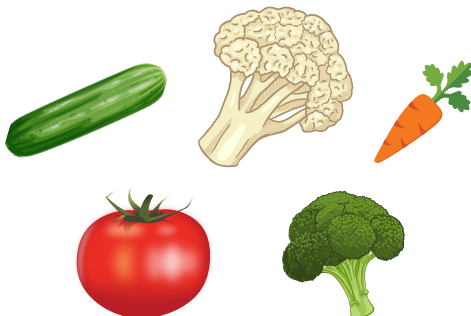
Don’t forget- Keeneland and the Derby are fastly approaching- this is the place to shop for dresses, accessories and/or hostess gifts!

## Peter Rabbit Makes the News!



**Peter Rabbit is making headlines! In celebration of National Nutrition Awareness Month, he has visited six schools, 12 classes, and engaged with 625 students. Bringing along a colorful selection of broccoli, cauliflower, tomatoes, cucumbers, and carrots, he encourages students to explore nutritious foods while delivering an important lesson on healthy eating.**

**BIG THANK YOU TO JIM AND ELIZABETH RANKING FOR THEIR AWARD WINNING ROLES!**





## April Stress Awareness Month



April is stress awareness month. More than 50% of Americans report experiencing stress. Between having to juggle things such as our professional lives and our personal lives, we all deal with so much stress. There are many things, including work, child care, and money issues that can add stress to our lives. Why is stress bad? Stress can lead to poor mental health and can affect our physical health as well and can cause things such as:

- Anxiety and depression
- Headaches
- Gastrointestinal issues
- Trouble sleeping

Is all stress bad? No, not all stress is bad. Examples of “good” stress can be things such as starting a new job, starting a family, or learning something new.

How can I reduce or manage my stress? There are plenty of things you can do to better manage or reduce your stress including:

- Setting routines
- Practicing mindfulness
- Finding new hobbies
- Spending quality time in nature
- Spending quality time with loved ones

So, this stress awareness month, take some time to assess your personal stress and think about ways in which you can reduce your stress

Stressed spelled backwards is desserts





# FAMILY CAREGIVER

# HEALTH BULLETIN



**APRIL 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <https://fcs-hes.ca.uky.edu/content/health-bulletins>

Bourbon County Extension Office  
603 Millersburg Road  
Paris, KY 40361  
(502) 987-1895

## THIS MONTH'S TOPIC

## BENEFIT-FINDING IS A POSITIVE FORM OF COPING WITH CAREGIVER STRESS



**C**aregiving can be rewarding. But it can also be stressful, even for the most resilient people. It is not uncommon for caregivers to have good benefits and negative stress at the same time.

According to the Mayo Clinic, caregivers have higher levels of stress than non-caregivers. But the American Psychological Association reports that caregivers who feel more benefits than stress from caregiving report lower levels of depression and overall stress. This sensed level of satisfaction can have benefits even after caregiving has ended.

Finding the rewards of caregiving is a way of coping with the stressful circumstances.

- Those rewards might include:
- Strengthened relationships,
  - A sense of purpose,

## Continued on the next page

Cooperative Extension Service

Home and Natural Resources and Consumer Sciences with Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lanxapex, KY 40306



Accessibility accommodations  
www.uky.edu

**Take a break. Everybody needs a break. Taking a break from caregiving can be one of the best things you do for yourself and your loved one. It gives everyone a reset.**



Continued from the previous page

- Happiness at knowing your loved one is getting the right care,
- Modeling caregiving traditions for younger people, and/or
- Giving back to someone who may have cared for you or others.

According to the Mayo Clinic, caregivers report higher levels of emotional and physical stress than non-caregivers. When you're so focused on a loved one's care and well-being, it can be easy to miss the toll on your own health. Steady stress will harm overall health and well-being over time. When you're stressed, you are at greater risk for lack of sleep, poor nutrition, physical inactivity, and feeling depressed or anxious. These lifestyles also increase your risk for chronic health conditions. As a result, caregivers need to care for themselves too.

## Try these tips from the Mayo Clinic to help manage and lower caregiver stress:

- Ask for help
- Accept help
- Get in touch with the right resources (call your local Area Agency on Aging, national Eldercare Locator or the state Department for Aging and Independent Living)
- Join a support group (online or in-person) so you know you are not alone
- Focus on your strengths
- Eat a healthy diet
- Be physically active
- Sleep
- Seek sunshine
- Talk to your health-care professional

Take a break. Everybody needs a break. Taking a break from caregiving can be one of the best things you do for yourself and your loved one. It gives everyone a reset. There are many types of respite care including in-home respite, adult care centers, and short-term or



long-term care facilities. Family, friends, and neighbors can also help you take some time off. Caregiving is an important role. Caregivers provide essential support to those who need it. In return, caregivers need self-care to protect their emotional and physical well-being.

## Resources:

- **Area Agency on Aging:** <https://www.chfs.ky.gov/agencies/dail/Pages/aaal.aspx>
- **Department for Aging and Independent Living:** <https://www.chfs.ky.gov/agencies/dail>
- **Eldercare Locator:** <https://eldercare.acl.gov> or 1-800-677-1116

## REFERENCES:

- American Psychological Association. (2011). Positive aspects of caregiving. Retrieved February 21, 2025 from <https://www.apa.org/ps/about/publications/caregivers/faq/positive-aspects>
- Mayo Clinic. (2023). Caregiver stress: Tips for taking care of yourself. Retrieved February 21, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20041734>

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Adobe Stock

**FAMILY CAREGIVER  
HEALTH BULLETIN**



## 2025 Bourbon County Horse Show

Homemakers and clubs,

Another year has rolled around, and we are preparing for the 2025 Fair and Horse Show session. The hospitality tent is instrumental in the success of the Horse Shows. First, I want to THANK everyone that has worked or prepared food for the hospitality tent in previous years.

This year I need seven (7) dozen cookies from each club. Any kind of cookie is fine, but if you put NUTS of any kind in the cookies or sandwich fixings the packages must indicate that nuts are in the product. We will be needing sandwich fixings such as pimento cheese, chicken salad, ham salad, olive nut, cucumber etc. Please sign up for the fixings that you can provide and if you change item or are unable to prepare item, please contact me at 859-707-7189 so that we can plan accordingly. Country ham, city ham, sliced cheese, buns and bread will not be needed as they will be furnished both evenings.

The workers time will be like last year. The first shift of workers will be 4-8 pm. This shift will set up tables, get food ready and start the serving. The second shift will work 8pm-closing and will help with closing and packing up for the night.

I know it is early in the year to be thinking about June and the Horse Shows, but it is almost here, and we must plan and be prepared. If you or your club has any questions, please call me at 859-707-7189. If there is no answer leave a message and I will return your call. Please return forms to the Extension Office or to me, so I can plan accordingly. Items can be brought to the Extension Office on Friday the 20th or to me.

Thank you for all your assistance with making the Horse Show Hospitality Booth successful!

Connie Vaughn  
Hospitality Chair

### Friday, June 14th Horse Show

Name	Phone	Cookies	Sandwich Fixings	4-8 PM	8-Closing

### Saturday, June 15th Horse Show

Name	Phone	Cookies	Sandwich Fixings	4-8 PM	8-Closing