

September 2023

 Cooperative
Extension Service



FCS Newsletter

Words from your FCS County Agent



Happy September!

I think it seems we are starting to get to the cooler end of this hot weather, FINALLY! We are not the only ones that enjoy this weather. This is when the mosquitos tend to come and play. There are many ways to prevent mosquito bites. Make sure to use Environmental Protection Agency (EPA)-registered insect repellents. When using this, always follow the product label instructions, and be sure to reapply insect repellent as directed. Do not apply repellent on the skin under clothing. Try to wear loose-fitting, long-sleeved shirts and pants. To control mosquitoes indoors, use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors. For more information, check out the CDC Website ([cdc.gov](https://www.cdc.gov)).

In This Issue:

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- Homemaker Annual Meeting (Meade County)
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Contact Us:

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Best Wishes,

Brittany Thomas

Family and Consumer Science Agent

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Recognizing and Managing Teen Depression



Signs Include:

- Sad feelings
- Frequent crying
- Loss of interest or pleasure in activities that once made a person happy
- Significant weight loss or weight gain
- An increase or decrease in appetite
- Anger
- Agitation
- Fatigue
- Trouble concentrating
- Withdrawal from family and friends
- Change in sleep pattern
- Thoughts of death
- Thoughts, plans, or attempts at suicide

A **depressive disorder** is marked sadness or a change in mood that adversely affects a person's functioning capacity.



According to the National Institute of Health, before they turn 18, approximately **20%** of teenagers experience depression



Start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice

Upcoming Events

September 11th, 15th, 18th,
22nd, 25th, & 29th

Bingocize
12:00pm-1:00pm
Lebanon Senior Center

September 8th, 15th,
22nd, & 29th

Babysitting Workshop
6:30-8:30pm
Marion County Public Library

September 26th

Laugh & Learn
10:30am
Marion County Public Library

Homemaker Annual Meeting
October 12th
10am-1pm
Meade County Extension
Office

September 26th

RSVP Due Date For Annual Meeting
Form attached to newsletter sent to
FCS Agent, Brittany

September 13th & 27th

Basic Sewing Workshop
(Currently **Full**)
6:00pm-7:30pm
Marion County Extension
Office

September 20th

Cooking Through the Calendar
6:30pm
Marion County Public Library



Marion County
Cooperative Extension



Tune in to 100.9 WLSK every
Wednesday morning
(8:30am) for office updates



<https://marion.ca.uky.edu/>



Contact Brittany (myself) for
any programming ideas or if you
would like to volunteer to teach
a program!



THE BASICS OF BABYSITTING

WITH THE LIBRARY AND EXTENSION OFFICE

HAVE YOU EVER WANTED TO EARN
SOME MONEY, BUT MAYBE YOU'RE TOO
YOUNG OR DON'T HAVE TIME FOR A
JOB?

Sign up here!



WANT TO LEARN CPR OR OTHER
BASICS OF KID-SAFETY?

THIS WORKSHOP IS FOR YOU!

OPEN TO AGES 9-18, WE ARE HOSTING A SERIES OF SESSIONS TO
INSTRUCT ON BABYSITTING BASICS. FOR \$5 YOU CAN GET CPR
CERTIFIED; WE WILL ALSO GO OVER THINGS LIKE DIAPER CHANGING,
FOOD SAFETY, FINANCES OF BABYSITTING, AND MORE!

FRIDAYS

SEPT 8, 15, 22, & 29

6:30-8:30

LOCATION: MARION COUNTY PUBLIC LIBRARY



Lincoln Trail Area Annual Meeting

BUZZING ALONG

WITH LINCOLN TRAIL AREA
EXTENSION HOMEMAKERS

Thursday, October 12, 2023

Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108

\$15 per person

Registration and refreshments - 9:30 a.m. EST
Welcome - 10:00 a.m. EST

GUEST SPEAKER:

Steve Flairy

Shining Light on Kentucky's
Everyday Women Heroes

Area Cultural Arts Check In:

Wednesday, October 11, 2023
10:00 a.m. - 1:00 p.m. EST

REGISTRATION FORM

NAME: _____ COUNTY: _____

PHONE #: _____ EMAIL: _____

ADDRESS: _____

LUNCH: Includes your choice of sandwich, pasta salad, chips, cookie, and drink.

Please choose one: Grilled Chicken Wrap Ham & Cheese Wrap

Return this form along with the \$15 registration fee
to the Marion County Extension Office by **September 26th.**

Checks are to be made payable to Marion County Homemakers.



Dues are \$13

IMPORTANT!

Make checks out to Marion
County Homemakers

Date: _____

**Enrollment Form
for**

Marion County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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