

JUNE - JULY 2025

Wishing Cheryl A Happy Retirement

It is with both great pleasure and sadness that we announce that Cheryl will be joining the ranks in retirement as well! We are so happy for her as she enters this next stage, but we will miss her dearly! She leaves our team taking with her many, many years of Extension knowledge, experience, and relationships. She has been my rock over the last 5 years, and I cannot imagine starting into this career and program area, especially during Covid, with anyone else as my staff support!



She is my right hand, and was/ is always there to support me when I have questions, whether they were about Extension in general or about the relationships and people we are helping each day. Cheryl was always able to fill in the blanks for me in whatever way I needed, usually before I knew I needed it. I will miss having her here for my voice of reason and for our talks about what is realistic, as you may know, I can get excited and carried away. As bittersweet as it is, we are truly excited for her to enjoy the people and things that she loves full time. Cheryl, we hope time doesn't steal you away for too long before you come back to visit, and we wish you the happiest retirement!

Holiday Closures:
The Madison County Extension
Office will be closed for
Juneteenth, Thursday, June 19, and
Friday, July 4th.


Family & Consumer Sciences Agent
Madison County
Hunley.jessica@uky.edu



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Lexington, KY 40506



Clubs, Groups, and Classes

CREATIVE HANDS (Quilting): 1st and 3rd Thursday @ month, 10am-1pm, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252. (Note, June 19th no class due to holiday; July 17th no class, rescheduled to July 24.)

GARDENERS OF MADISON COUNTY (Gardening): 2nd Wed @ month, 1-3pm, check board for room assignment. No need to bring anything! All are welcome! For questions, call Kathryn Bowers, 859-619-0166.

HAPPY SCRAPPERS (Scrapbooking, Paper Crafts, Crafting, Etc.): 4th Wed @ month from 12-4pm, Room 1. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

MONDAY NIGHT SEWING SALON (Sewing): 1st and 3rd Mondays, 5:00-7:30pm, check board for room assignment. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081. (Note, June 2, cancelled.)

PICKLEBALL CLASSES: We meet for Pickleball class the last Friday of the month, now through October, 9-11am, weather permitting. You must call the office to register for the class: 859-623-4072 or email hunley.jessica@uky.edu. If you do not have pickleball rackets for class, they can be furnished. We meet under the pavilion on the side of the annex building. Please wear comfortable tennis shoes, sunscreen and hat.

PAPER KUTZ (Paper Crafting, Cards, Etc.): 3rd Thursday @ month, 6-7:45pm, check board for room assignment. Questions, call Connie Lawson, 859-582-5505. (Note June 19th no class due to holiday.)

SEW MUCH OR SEW LITTLE: 2nd and 4th Tuesdays, 9am-noon, Room 3, annex bldg.

SOUTHSIDE SLOW STITCHING (Knitting, Crochet, Cross-Stitch, English Paper-Piecing, Embroidery or Macrame): 1st and 3rd Mondays, 6-8pm, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

HOMEMAKER DATES TO REMEMBER:

Officer/Chair Training: Bluegrass Area Officer/Chair Training is scheduled for July 22, in Fayette County. This is for Madison County Homemaker Board members only. Madison County's Officer/Chair Training has not yet been scheduled for August. We will inform you of Officer/Chair training and recruitment opportunities sometime after the next Madison County Extension Homemaker Board Meeting set for July 15 at 1pm.

Bluegrass Area Annual Meeting—October 17: Scott County is hosting the Bluegrass Area Annual Meeting this year on October 17, 2025, with the Cultural Arts competition to be held on October 16. We will be sharing more details, once we receive them.

P.O.W.: Please remind your educational chairs to bring their "Program of Work" up-to-date before clubs break for summer. The reporting period began July 1, 2024 and runs through June 30, 2025. The POW reports need to be completed and turned into the Extension office or the county chair on or before June 30th. Forms were distributed last September at Officer/Chair Training. Call the office if you need a copy.



Welcome
Shawna!

Hi there! My name is Shawna Southerland and I recently came on board as an Extension Staff Assistant. I'm originally from Lincoln County and have lived in Berea for 15 years.

I've been involved in Extension programming for years as a participant and am so excited to serve on the other side of things. The Cooperative Extension Service is an amazing resource, and I look forward to meeting everyone as they stop in to take advantage of what we have to offer!

2025-2026

LEADER LESSON SCHEDULE

11:00 AM
MADISON COUNTY
EXTENSION OFFICE

8/26/2025 Laughter is the Best Medicine

8/25/2025 Blackstone Grilling

10/29/2025 Stretching Your Dollars

11/18/2025 Yoga- Try This!

1/27/2026 Mastering Mindfulness

2/25/2026 Building a Better Bowl

3/26/2026 Mental Health Matters

4/23/2026 The Big Freeze

ALL ARE WELCOME! CALL THE OFFICE
TO SIGN UP!
(859) 623-4072

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HOSTED AT LOCAL ELEMENTARY SCHOOLS!

LAUGH AND LEARN PLAYDATES

2025-2026
SCHEDULE

September 12th @ Waco @ 1:30PM
October 17th @ Shannon Johnson @ 10 AM
November 14th @ Waco @ 1:30 PM
November 21st @ Shannon Johnson @ 10AM
December 12th @ Waco @ 1:30PM (tentative)
December 19th @ Shannon Johnson @ 10 AM
January 23rd @ Waco @ 1:30 PM
February 13th @ Waco @ 1:30 PM
February 20th @ Shannon Johnson @ 10AM
March 13th @ Waco @ 1:30 PM
April 17th @ Shannon Johnson @ 10 AM
April 24th @ Waco @ 1:30PM
May 8th @ Waco @ 1:30 PM

For more info contact:

Jessica Hunley- FCS Agent
hunley.jessica@uky.edu

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BEGINNER CANNING CLASS

Water bath and pressure canning

August 8th

10AM- 2PM

Madison County Extension Office

Class is designed for beginners: learn the
basics and differences of water bath and
pressure canning.

SPACE IS LIMITED! SIGN UP NOW!

(859) 623-4072

for more info email Jessica at hunley.jessica@uky.edu



HOOK and COOK

HARVEST YOUR OWN LOCAL MEAT

HOOK AND COOK

Learn the basics of fishing, including rod and reel setup and fish cleaning. This class is held at the Lake Reba Recreational Complex.

Richmond, KY
July 19th, 2025

Event Details

Adventure Falls—Party Room
250 Reba Dr, Richmond, KY 40475
Time: 9:00 a.m.— 4:00 p.m. (EST)

To sign up for this event scan this QR code with the camera on your smart device.



More info: alex.cline@ky.gov or 502-330-5364

<https://app.fw.ky.gov/eventregistration/startpage.aspx?REGID=460>



YouTube

The Madison County Fair & Horse Show

The Madison County Fair and Horse Show will be here before we know it. We are excited to share our Willis Hall Exhibit List soon. In the mean time, please check Facebook for department spotlights and real-time updates. Some of our new and featured categories are listed below. We can't wait to see what you all create.

- **Best Dressed Yard Ornament**
- **Handmade Soaps**
- **Best Dressed Taxidermy**
- **Ugliest Vegetable - Grown Ugly**
- **Painted Garden Rock**
- **Sauces (BBQ, Hot Sauce, Etc.)**

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Youth canning camp

FREE!
AGES 12-18

***space is limited**

**MADISON COUNTY
EXTENSION OFFICE**
Thursday, July 17th
10 AM- 4PM

**CALL THE OFFICE TO
SIGN UP!**
(859) 623-4072

Come learn how to do basic
canning!
Participants will be making entries
eligible for the Madison County Fair
4-H Exhibits!
*Lunch is provided



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**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families

IMPACT WITH EXTENSION



**Program for adults with special
needs/ intellectual disabilities
to build life skills such as
cooking, organizing, budgeting,
or gardening, as well as boost
physical activity and social
networking through games,
teambuilding, and other
activities! ALL are WELCOME!**

June 16th, July 21st, August 18th
10AM- NOON

**For Questions or to RSVP contact
FCS Agent: Jessica Hunley**
hunley.jessica@uky.edu

Madison County Extension Office
230 Duncannon Lane
Richmond, KY 4075
(859) 623-4072

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Thank You

Thank you for your donations to the Laurel County tornado victims. We were able to deliver about \$1,750 worth of supplies. Each donation truly made such an impact and we are thankful to with with such an amazing community.



The Apple Patch

By Cheri Stacy, Nutrition Assistant Senior

Chicken Burgers



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Andrea Wilde,
NEP Area Nutrition
Agent, University of
Kentucky Cooperative
Extension Service

Prep time: 10 minutes
Cook time: 10 minutes

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 burger on
bun with toppings
Cost per recipe: \$8.36
Cost per serving: \$2.09



Recipes from the 2025 Food and Nutrition

Recipe Calendar

ADULT

HEALTH BULLETIN



JUNE 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

WATER SAFETY IS FOR EVERYONE



Lots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

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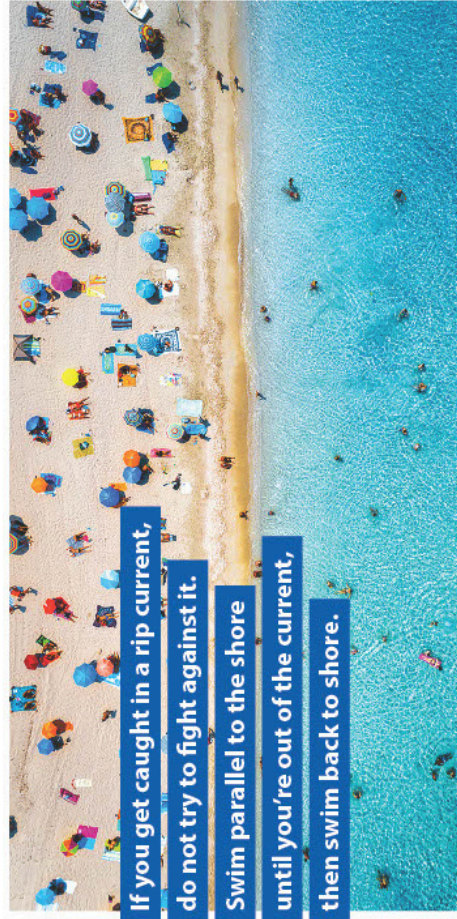
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Disability
accommodated
with prior notification.



If you get caught in a rip current,
do not try to fight against it.

Swim parallel to the shore
until you're out of the current,
then swim back to shore.



Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.

- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.

- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swimming/safety.html> <https://www.readycross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

Written by: Katherine Jury,
Extension Specialist for Family Health

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Designed by: Rusty Manseau

Stock images: Adobe Stock

