



CUMBERLAND COUNTY

Homemaker Newsletter

WORDS FROM DEB

Cumberland County Cooperative Extension Service

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Get Ready for the Homemaker County Annual Meeting!

We are thrilled to announce our upcoming Homemaker County Annual Meeting this month! It promises to be an enjoyable experience for all. Please refer to the enclosed flier for more details.

The committee has dedicated a lot of effort to create an exciting theme and organize a delightful evening. **We encourage you to invite others to join us!** This is a fantastic opportunity to introduce newcomers to Cumberland County Homemakers.

It's essential for people to understand who we are and what we stand for. Homemakers offers something for everyone, and involvement can bring great benefits. We have some wonderful plans in store for this year. **Spread the word and invite others to join the fun!**

Let's Go **CAMPING** at Camp Wilderness!

Join the Camp Wilderness staff to launch the new Homemaker year! Delight in a **camp-themed menu**, enjoy a **ghost story told by a local storyteller**, and enter for a chance to win a **door prize**! Don't forget to dress for the occasion - casual camping attire encouraged!



**DON'T
FORGET!**

REGISTRATION:

Cumberland County Extension Office (270) 433-7700

FREE EVENT!

BRING A FRIEND!

AUGUST

28TH

Starts at 5pm

at the Cumberland County Extension Office





EVOLVING LEADERS FORUM

SEPTEMBER 25, 2025

Taylor County Extension Office

1143 S Columbia Ave, Campbellsville

EASTERN TIME

9:30-10:00 a.m. Registration
10:00 a.m. Program Begins
1:30 p.m. Closing Remarks

- Enhance Your Leadership Skills
- KEHA Leader Lesson Training

**Register with your local Extension Office
by September 10th**



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Disabilities
accommodated
with prior notification.





FLORAL HALL RESULTS

Open Division Cultural Arts & Foods

Kay Kass

- Basketry (Cane): Blue
- Basketry (Mini): Red
- Basketry (Plain): Blue
- Photography (black and white animal): Blue
- Photography (Black and white portrait): Blue
- Photography (black and white scenic): Red
- Photography (Color animal): Blue
- Photography (color portrait): Red
- Photography (color scenic): White

Wanda Gilbert

- Basketry (Mini): Blue
- Salsas and Relishes (Cucumber Relish): Blue
- Canned Vegetables (Green Beans): Blue

Jeannie Will

- Doll/Toy Making (Fabric): Blue

Joyce Howlett

- Doll/Toy Making (Fabric): Red
- Holiday Decorations (Spring): Blue
- Quilting (lap or wall quilt): Blue
- Quilting (2 person quilt): Blue
- Quilting (group Quilt): Blue
- Textile Crafts (button art): Blue

Pamela Wilson

- Needlepoint (Counted Cross Stitch): Blue
- Quilting (lap or wall quilt): Red

Sharon Pickens

- Photography (black and white scenic): Blue
- Photography (color animals): Red
- Photography (color scenic): Blue
- Scrapbooking (Family): Blue
- Sewing and Wearable Textiles (Apron): Blue
- Breads (Zucchini Bread): Blue
- Candies (Peanut Butter Fudge): Blue

Janie Cooksey

- Photography (color portrait): Blue
- Photography (color scenic): Red

Barbara Lionetti

- Breads (Cinnamon Rolls): Blue

Nancy Neathery

- Breads (Zucchini Bread): Red
- Small Cakes and Cookies (Brownies): Blue

Gina Claywell

- Breads (Cinnamon Rolls): Red
- Homemade Cake (Chocolate Cake and Chocolate Icing): Blue
- Canned Fruits (Peaches): Blue
- Canned Fruits (Applesauce): Blue
- Canned Vegetables (Tomatoes): Blue
- Canned Vegetables (Green Beans): Red

Mary Vibbert

- Salsa and Relishes (Any Other Relish): Blue

Brayden Vibbert

- Salsa and Relishes (Any Other Relish): Red





NUTRITION AS WE AGE

Healthy Choices for Healthy Families July/August 2025

Good eating habits across the lifespan help prevent long-term health issues. It is never too late to support healthy eating. Older adults face higher risks of health issues like heart disease, cancer, and weak bones. These risks are due to changes in metabolism and loss of muscle and bone mass. The good news is these risks can be reduced by eating healthy foods and staying active.

While older adults often don't need as many calories, their need for nutrients is high. Older adults are also faced with life-long health issues. Some people use lots of meds. As we get older the makeup of our body often changes. Eating healthy and making each bite count is very helpful in this age group.

KEY POINTS FOR OLDER ADULTS

- Eat a balanced diet. Older adults should eat more fruits, vegetables, whole grains, and dairy while cutting down on added sugars, saturated fat, and salt.

- Eat enough protein. Protein helps prevent the loss of lean muscle mass. Often, older adults don't get enough protein. Most older adults get the right amount of meats, poultry, and eggs, but it is also good to eat more seafood, dairy, and beans, peas, and lentils. These protein sources add calcium, vitamin D, vitamin B12, and fiber. The ability to absorb vitamin B12 can decrease with age and with certain meds. Older adults should eat foods high in B12. They should talk with their doctor about the use of supplements to raise vitamin B12 intake.
- Choose healthy drinks: Sometimes it's hard for older adults to drink enough fluids to stay hydrated. The sense of thirst declines with age. Drinking enough water is a great way to prevent fluid loss and help with digestion. And water doesn't add any calories! Unsweetened fruit juices, low-fat or fat-free milk or fortified soy drinks can help meet fluid and nutrient needs. Older adults who choose to drink alcohol should limit the amount they drink. Men should not drink more than two drinks and women should not drink more than one per day. This group of people may feel the results of alcohol more quickly than they did when they were younger. This can add to the risk of falls and other mishaps.

Sources: Adapted from <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>



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Homemaker Council Meeting

The Homemaker Council will meet on **August 18th, 2025** at 10am at the Cumberland County Extension Office.

Please RSVP by calling the Extension Office at (270) 433-7700.

➔ Wits Workout

Who is ready for another round of Wits Workout?!?!? We would like to offer this monthly if there is interest. **Please contact the Cumberland County Extension Office if you would like to attend?**

What is Wits Workout.....

Wits Workout is like a gym session for your brain and body—where fun, brain-boosting exercises collide with simple body movements to enhance flexibility! Perfect for all ages, this program invites you to flex your noggin and move your body. Whether you want to sharpen your memory, crank up your focus, or improve range of motion, Wits Workout has got your back and your brain!



FESTIVE HONEY-BUTTER CORN

Source: Adapted from: Recipes for Life, Nutrition Education Program, University of Kentucky Cooperative Extension Service

Ingredients:

- 1 tablespoon unsalted butter
- 1 tablespoon honey
- 2 cups fresh corn kernels
- 1 medium green or red bell pepper, diced
- 2 ounces Neufchâtel cream cheese
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Wash hands with soap and warm water.
2. Heat a large skillet over medium heat.
3. Add the butter and honey to the skillet and allow the butter to melt.
4. Add the corn and bell pepper and saute about 8 to 12 minutes, stirring occasionally.
5. Once the vegetables are tender, add the Neufchâtel cream cheese, salt, and pepper. Stir until cheese is melted and creamy. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Notes: A 16-ounce bag of frozen corn kernels can be substituted for fresh corn.

Nutrition facts per serving: 100 calories; 4g total fat; 2g saturated fat; 0g trans fat; 10mg cholesterol; 135mg sodium; 16g total carbohydrate; 2g dietary fiber; 9g total sugars; 3g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.