

FAMILY & CONSUMER SCIENCES

Glenna Wooten: Agent

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April, 2018

**Cooperative
Extension Service**

*Perry County
933 Perry Park Road
Hazard, KY 41701
(606) 436-2044
Fax: (606) 436-9961
www.ca.uky.edu/ces*

Tackling Your Laundry – April 3rd

From wash boards to traditional machines, from powder detergent to too many detergents to choose from, how we tackle our laundry has changed drastically over the years. How we choose to deal with these changes is up to us. We can choose to protect our garments and provide a safer and more environmentally friendly outcome. This homemaker lesson will be taught on Tuesday April 3rd at 10 a.m. at the Perry County Extension Office. This program will be taught by our two newest agents – Laken Campbell, Lee County FCS agent and Crystal Osborne, Owsley County FCS agent.



Come Sew With Us – April 4th

See flyer for details and to register!! Registration deadline is March 21st and the registration fee is \$5. Send registration to the Perry County Extension Office.



Art of the Mountains – April 12th

Art of the Mountains will meet on Thursday April 12th at 6 p.m. at the Perry County Central Library for the regular monthly meeting.

Master Clothing Applications Due April 15th

The Master Clothing Volunteer Program is a programming effort by the Kentucky Cooperative Extension Service to provide educational opportunities in sewing. It is designed to train volunteers to teach sewing and clothing-related information to county residents. The volunteer will work under the supervision of the Family and Consumer Sciences agent. This is a non-paid position. If you might be interested in the program, applications will be accepted until April 15th. Call 436-2044 to get an application and information packet. Applications must be returned to the Perry County Extension Office by April 15th. There will be a week-long training in October at Jabez which is required for all master clothing volunteers.



Homemaker Workday – April 16th

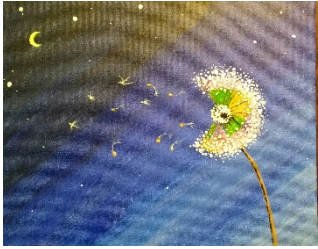
Homemaker members will be meeting on Monday April 16th at 9 a.m. at the Perry County Extension Office to sew baby blankets, turbans, make baby hats, or pillows for cancer patients. Some ladies sew, some press, some coordinate hats and blankets and others fold and stack. If you would like to participate, just show up at 9 a.m.

Hills n Hollers Quilt Guild – April 19th

The Hills n Hollers quilters will be meeting from 1 – 3 p.m. at the Perry County Extension Office on Thursday April 19th.

Quilt Block of the Month Club – April 19th

The April block is shown on the right. April 19th at **9 a.m.** at the Perry County Extension Office. Plan to come each month to get the pattern and learn how to make the block. There will be scrap fabrics available to make this block, but if you prefer to bring your own scraps, you will need to bring a background fabric that is 7 inches by 30 inches and two print fabrics, each 4 inches by 10 inches. This workshop/club will last 2 hours. Please call 436-2044 to register.



Painting Class – April 16th

Grace Henderson will be teaching a painting class on Monday April 16th from 1:30 – 4:30 p.m. The cost for the class is \$25. Register for the class by emailing gracehenderson1958@gmail.com.

Grandparent Hour – April 24th

Grandparent Hour sessions will be focusing on financial topics this spring. The topic for April is Making Your Food Dollars Go Further. Come to the Perry County Extension Office on Tuesday April 24th at 10 a.m. If interested, please call 436-2044 to register.

Resources for Dementia Care – April 26th

This program will take place on April 26 from 6:30 – 8 p.m. at the UK Center for Excellence in Rural Health. Call Hardin Stevens at 859-323-2997 or email hardin.stevens@uky.edu to register by April 19th. Glenna Wooten, Perry County FCS agent will be the facilitator and future programs will be held at the Perry County Extension Office.

Go Further With Food – April 27th

Come to the Perry County Extension Office on Friday April 27th to learn ways to make your food and food dollars go further. This program will start at 11 a.m. with lunch and the program will be presented during lunch. FCS agents Glenna Wooten and Nanette Banks along with dietitian Barabara Baird will be showing you how to do this. This program is free but you do need to call 436-2044 to register so we will have a lunch count. See flyer for more details.

Important Dates to Remember:

- April 3 – Tackling Your Laundry**
- April 4 – Come Sew With Us**
- April 12 – Art of the Mountains**
- April 16 – Homemaker Workday**
- April 16 – Painting Class**
- April 19 – Quilt Block of the Month**
- April 19 – Hills n Hollers Quilters**
- April 24 – Grandparent Hour**
- April 26 – Resources for Dementia Care**
- April 27 – Go Further with Food**



eat right. Academy of Nutrition
and Dietetics



Come out and enjoy this educational program and free lunch!

Letcher County Extension Office (633-2362)

April 25th – 11:00 a.m.

Perry County Extension Office (436-2044)

April 27th – 11:00 a.m.

Please call the county you plan to attend to pre-register by
April 18th so we will have an accurate lunch count.

Sponsored by:

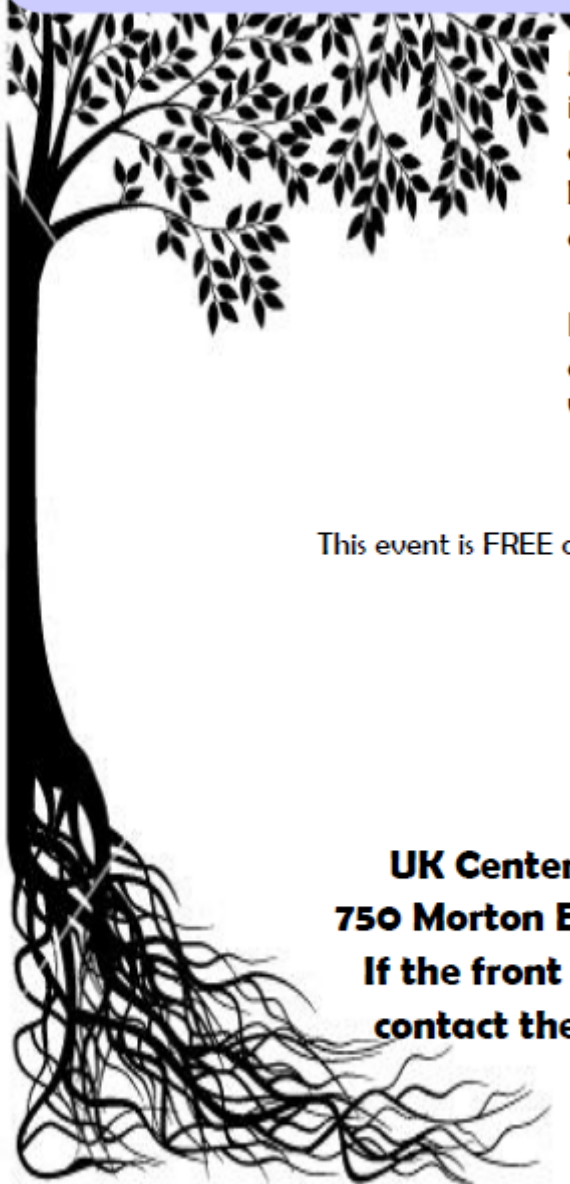
Nanette Banks, Letcher County Family and Consumer Sciences Agent

Glenna Wooten – Perry County Family and Consumer Sciences Agent

Barbara Baird - RDLD



Community Resources for Dementia Care: Finding Support for Yourself and Your Loved Ones



Join us for an educational session focused on identifying and accessing community resources for dementia care. We will discuss resources to support both the individual with dementia and their caregivers.

Please bring your questions about dementia community resources.

We look forward to an engaging session!

This event is FREE and open to the public. Registration is required.

When?

April 26, 2018

6:30pm—8pm EST

Where?

UK Center for Excellence in Rural Health

750 Morton Blvd, Hazard, KY 41701, Room 336

If the front doors of the building are locked

contact the Security desk at 606-438-3567



Please register for this FREE event by April 19th!

Contact: Hardin Stevens at (859) 323-2997 or hardin.stevens@uky.edu



alzheimer's association®



Sanders-Brown
Center on Aging



HealthCare.

Registration Form

Choose Location:
 ___ Booneville April 2
 ___ Hazard April 4

Each class lasts one hour (you can select up to 3 classes). Kits will be supplied for each class. Please arrive before 9 a.m.

- ___ Apple Rug Mug
- ___ Pin Cushion
- ___ String Pieced Mug Rug
- ___ Ruffled Headband
- ___ Reusable Paper Towel
- ___ Soup Bowl Cozy
- ___ Chinese Take-out Box

Name _____

Address _____

Phone _____

Email _____

Register early! Class size is limited. Please register by March 21st. Mail registration form along with \$5 to
 Glenna Wooten, 933 Perry Park Road, Hazard KY 41701

Apple Rug Mug

Nancy Pratt will teach you to make a cute apple rug mug.



String Pieced Mug Rug

Cheryl McCauley will teach you to use scraps to make a pretty rug mug.



Ruffled Headbands
 Rita Rogers will show you how to make ruffled headbands for all of the little girls in your life.



Pin Cushion

Faye Couch will teach you to make a pin cushion.



Reusable Paper Towel

Betty Harris will guide you through making a reusable paper towel.



Chinese Take-out Box

Carole Dunhuber will teach you how to make a Chinese take-out box.



To attend either location, mail form along with your \$5.00 registration fee to:

Glenna Wooten
Perry County Extension Office
933 Perry Park Road Hazard, KY 41701

Please register by March 21st.

The registration fee will help support the Quicksand Master Clothing Volunteer program.

