

Grayson County Extension Homemaker 2024-2025 Lesson Schedule

September Lesson

- August 20 | 9-11:30am CT @ Hardin Co. Ext. Office | Jennifer Bridge, Meade FCS and LTA Agents
- Creating Welcoming Communities & Robert's Rules of Order
 - o Creating Welcoming Communities
 - All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth. This
 - o Robert's Rules Refresh
 - How do you rate your skills in using Robert's Rules of Order? Could you use a refresher to be sure you know the basic parliamentary procedures that can improve the effectiveness of any business meeting? This lesson incorporates interactive teaching methods and fun approaches to brush up on your knowledge and improve your ability to lead or participate in effective meetings.

October Lesson

- September 26 | 10am CT @ Grayson Co. Ext. Office | Rachel Mattingly, Marion FCS
- Lead Your Team: Health Literacy for the Win!
 - o Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

November Lesson

- October 18 | 10am CT @ Grayson Co. Ext. Office | Lynnette Allen, Breckinridge FCS
- Planning Thrifty and Healthy Holiday Meals
 - o Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

December Lesson

- November 14 | 1pm CT @ Grayson Co. Ext. Office | Marla Stillwell LaRue FCS

- No Sew Quilted Star Ornament
 - o Join us for a quick, easy, and fun crafting project this holiday season, no-sew quilted star ornaments. These festive ornaments capture the style of a classic star quilt pattern without requiring any prior quilting skills. Despite using the name “quilted,” nothing is quilted for this ornament, it is a no-sew project.

January Lesson

- Mailout
- Strong Bones for Life: Preventing Osteoporosis
 - o Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority.

February Lesson

- January 24 | 10:30am CT @ Grayson Co. Ext. Office | Dayna Fentress Hardin FCS
- Inspiring Grandchildren to become Grand Cooks
 - o Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

March Lesson

- February 25 | 10am CT @ Grayson Co. Ext. Office | Natalie Taul Grayson FCS
- Pathways to Wellness: Navigating the people, places, and spaces that influence health
 - o Did you know diet, physical activity, and sleep account for less than half of the factors that determine the length and quality of your life? In this session we explore how the people, places, and spaces in which we live, learn, work, and play influence health.

April Lesson

- March 28 | 10am CT @ Grayson Co. Ext. Office | Cabrina Buckman Washington FCS
- How to Get Out of a Mealtime Rut
 - o When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

May Lesson

- April 24 | 1pm CT @ Grayson Co. Ext. Office | Danielle Hagler Nelson FCS
- Composition in Photography
 - o Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.