

# Join Our Adventure

**Extension Homemakers** is an education and service program to improve the quality of life for members and their families.

Homemakers clubs are a terrific place to make new friends, learn new skills and experience unlimited personal growth.

As a Homemaker, you can:

**Make:** Every month we discuss cutting-edge issues in foods, health, relationships, consumer protection, crafts and technology. Homemakers enjoy learning new skills at monthly meetings and Extension workshops and programs.

**Belong:** Make new friends to explore and share community issues, family life, international and diversity awareness, environmental issues and healthy homes.

**Serve:** Make a difference in our community by sharing knowledge and talents, honoring veterans, helping the homeless, assisting nursing home residents, and other projects. Homemaker Volunteer hours make a big difference in our community

**Connect:** Because of COVID concerns, many activities are offered online via print and Zoom, as well as in-person and socially-distanced. Clubs have a variety of ways that they get together.

The Fayette County Extension Homemakers program is part of the Family and Consumer Sciences division of the Fayette County Cooperative Extension Service.

Fayette County Cooperative Extension

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8 a.m. - 4:30 p.m., M - F



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Services

4-H Youth Development—Family & Consumer Sciences  
Natural Resources—Community & Economic Development  
*Serving All Kentuckians*

The Fayette County Cooperative Extension Service is a partnership between the University of Kentucky, the U.S. Department of Agriculture, and Lexington-Fayette Urban County Government. Our staff is ready to answer questions and address concerns about issues important to you.

We provide information in person, by phone, by mail, at meetings, in newspapers and on radio and television. Visit our office for bulletins and brochures on a wide variety of topics.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



Disabilities accommodated with prior notification.

# Welcome to Fayette County Extension Homemakers



<http://fayette.ca.uky.edu/content/homemakers>

<https://www.facebook.com/FayetteCoHM/>

(859) 257-5582



# Belong

Join thousands of Kentucky women in all that the Extension Homemakers Association has to offer:

- Receive a **monthly newsletter**.
- Get **discounts** on Extension workshops and events.
- Get the latest research on **consumer topics** for you, your family and your home.
- Attend special **cultural arts, culinary, sewing, quilting** programs and workshops throughout the year.
- Learn new skills for **lifelong learning**.
- Join in **community service projects**.
- Meet others with **similar interests**.

## Join a Club

Club meetings are informal times of demonstration, discussion, idea sharing and fellowship. Clubs meet monthly during the day or evening at various locations.

## Become an Associate Member

Keep a busy schedule and cannot commit to a monthly meeting? By becoming an Associate Member you can still enjoy many of the benefits of membership.

# Make

## 2021-2022 Homemaker Lessons

- Day Trips in the Bluegrass
- The Healing Power of Laughter
- Kitchen Tools and Gadget to Put on Your Wish List
- Say Cheese!
- Communication Skills for Families of Alzheimer's & Dementia Patients
- Food Trends and FAD Diets
- Making the Most of Garlic
- Stock Your Pantry the Smart Way

# Serve

Homemakers participate in a number of community service projects throughout the year:

**JOY OF GIVING:** Gifts are provided for nursing home patients to give to loved ones at Christmas.

**MILITARY MISSIONS AND QUILTS OF VALOR:** Supplies and memorial quilts are presented to active service military and veterans.

**RONALD MCDONALD HOUSE:** Collecting aluminum can tabs to raise money for the Ronald McDonald House toys and supplies.

**SPECIAL PROJECTS:** Each year new and relevant projects are chosen.

# Sign Me Up

YES! Make me a Member !  
Yearly membership is \$8.00  
Make checks payable to Fayette Co.  
Extension Homemakers

(check one)

\_\_\_\_\_ I want to **join a Homemaker's Club**  
that meets: \_\_\_\_\_ Daytime \_\_\_\_\_ Evening  
Day of Week \_\_\_\_\_

\_\_\_\_\_ I want to be an **Associate Member**  
*Available for individuals whose time is limited  
by job, family or other factors*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

**Gender:** \_\_\_\_\_ Female \_\_\_\_\_ Male

**Ethnic Group:**

\_\_\_\_\_ Hispanic \_\_\_\_\_ Not Hispanic

**Race:** \_\_\_\_\_ White \_\_\_\_\_ Black

\_\_\_\_\_ Asian Other (list): \_\_\_\_\_

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Signed: \_\_\_\_\_

Date: \_\_\_\_\_