

**FAMILY & CONSUMER SCIENCES**

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**January, 2020**

**Planning Your Digital Estate – January 14<sup>th</sup>**



When we think about estate planning, we most often think of planning for traditional assets like money, property, and more. In today's digital world, we also need to have a plan for our digital information. This lesson will build an understanding of the difference between a traditional estate plan and a digital estate plan. Kayla Watts, Breathitt County Extension Agent for FCS will be teaching this

homemaker lesson on Tuesday, January 14<sup>th</sup> at 10 a.m. at the Perry County Extension Office.

**Cooperative  
Extension Service**

*Perry County*

*933 Perry Park Road*

*Hazard, KY 41701*

*(606) 436-2044*

*Fax: (606) 436-9961*

*www.ca.uky.edu/ces*

**Open Sewing – January 16<sup>th</sup>**

Since we are not working on block of the month, we will resume open sewing on January 16<sup>th</sup> from 9 – 11 a.m. This slot of time will be available for you to sew on projects that you have started.

**Quilt Guild – January 16<sup>th</sup>**

Quilt guild will meet on January 16<sup>th</sup> at 1 p.m. at the Perry County Extension Office.

**Calendar Cooking/Grandparent Hour – January 21<sup>st</sup>**

Plan now to attend the calendar cooking class on Tuesday January 21<sup>st</sup> at 10 a.m. We will be making Citrus Chicken Stirfry. Class size is limited so call 436-2044 and register if you plan to attend.



**Homemaker Workday – January 27<sup>th</sup>**



Due to the office being closed on January 20<sup>th</sup>, homemaker members will meet on Monday January 27<sup>th</sup> at 9 a.m. at the Perry County Extension Office to sew baby blankets. If you would like to participate, just show up at 9 a.m.

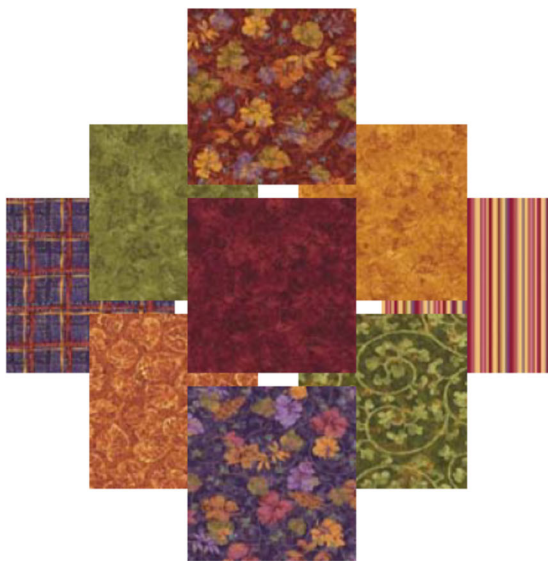
**Senior Homemaker Club Meeting – January 27<sup>th</sup>**

The Senior Homemakers will be meeting at 11 a.m. at the Perry County Extension Office immediately following the homemaker workday.



**Block of the Month** – Will resume in April. We will be working on the Bittersweet Churn. Kits for practice blocks will be provided from fabric scraps available at the Extension Office, but if you want to make a quilt in your color combination, here is a yardage chart. You will make two practice blocks each month and then you can reinforce what you learned in class by going home and constructing those two blocks in the colors of your choice. Each of the blocks will be 15 ½” which makes a finished 15” block. The finished quilt made by their directions will create a 60” x 77 ½” quilt. This can help you plan how many additional quilt blocks that you will want to construct. This free quilt pattern is available at [www.BOMquilts.com](http://www.BOMquilts.com).

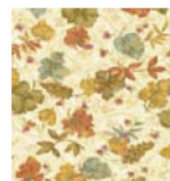
**“Bittersweet” Fabric Requirements for Quilt Top**



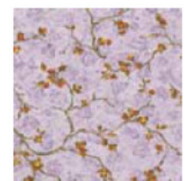
22 “Bittersweet” fat quarter cuts - leftover fabric to be used for scrappy binding.



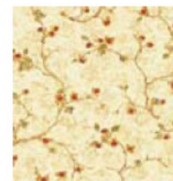
*1/2 yard*



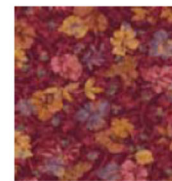
*1/2 yard*



*1/2 yard  
for blocks  
and  
sashing*



*1 yard for  
blocks and  
sashing*



*2 yards for  
blocks and  
borders*

## 2020 Census Quilt

Kentucky Extension Homemakers made the 2020 Census Quilt from a block from each of the 120 counties. Blocks were made by homemakers or quilting groups across the state. The quilt is now finished and has been travelling around the state. Here the quilt is on display at the Letcher County Extension Office during the first part of November. Perry County's block is the Mother Goose and was designed by our 4-H Youth Development agent, Jan Gibson, and was stitched and embroidered by homemakers Nancy Pratt and Cheryl Leabo.



## Winter Weather Policy

If Perry County Schools are closed due to the weather, Family and Consumer Science programs will also be canceled for that day. If in doubt, please call 436-2044.

## Home-based Processing Registration

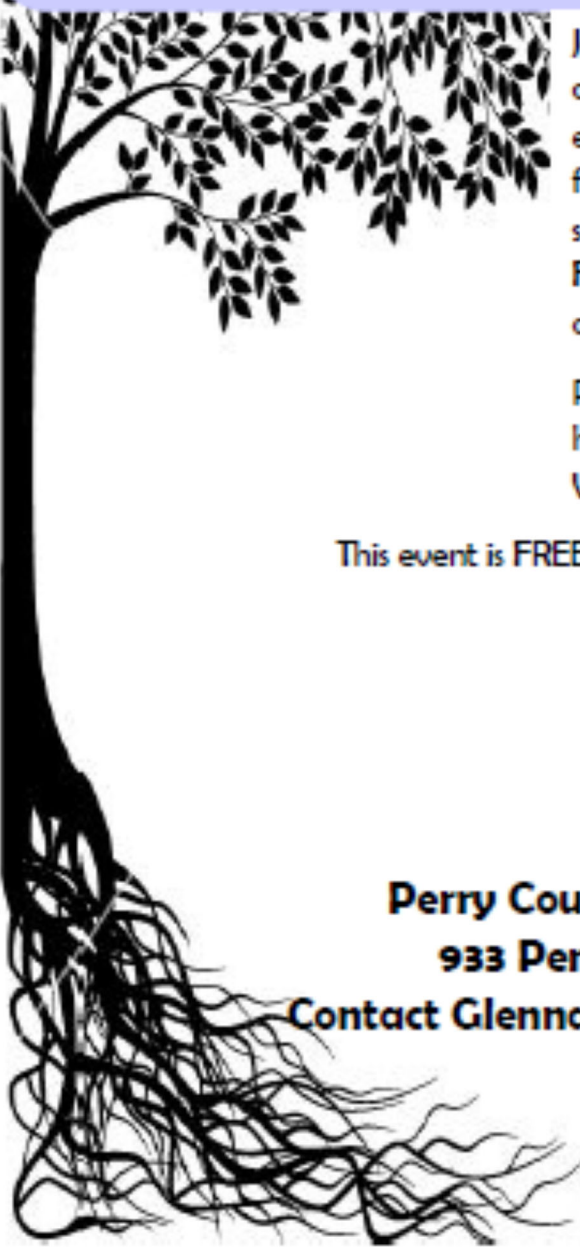
It's January, and now is the time for home-based processors to register with the Food Safety Branch in Kentucky's Department for Public Health. Everyone participating in the home-based processing program must apply for registration and pay a \$50 annual fee. Registration is required as of Jan. 1, 2020. To register, home-based processors should submit a DFS-250 *Application for Home-based Processors* along with a check or money order for \$50 to the Food Safety Branch. Registrants will receive their paper registration in the mail. This proof of registration should be displayed when selling products at farmers markets, festivals, or community events. Registrations will be valid until **March 31, 2021**. After that time, registrations will be renewable on a yearly basis. If you register now, the Food Safety Branch will send you a reminder each year to renew. Applications are available at this link <https://chfs.ky.gov/agencies/dph/dphps/fsb/Food%20Safety%20Documents/dfs-250.pdf> or by contacting Virginia Hamilton at [virginia.hamilton@ky.gov](mailto:virginia.hamilton@ky.gov) or 502-564-7181.

You may also contact Annhall Norris at 859-257-1812 or [annhall.norris@uky.edu](mailto:annhall.norris@uky.edu) for additional information.

## Important Dates To Remember:

- January 14<sup>th</sup> – Planning Your Digital Estate
- January 16<sup>th</sup> – Open Sewing
- January 16<sup>th</sup> – Quilt Guild
- January 21<sup>st</sup> – Calendar Cooking
- January 23<sup>rd</sup> – Stages of Alzheimer's: What to Expect
- January 27<sup>th</sup> – Homemaker Workday
- January 27<sup>th</sup> – Senior Homemaker club meeting
- February 4<sup>th</sup> – Homemaker Lesson
- February 11<sup>th</sup> – Calendar Cooking/Grandparent Hour
- February 20<sup>th</sup> – Open Sewing
- February 20<sup>th</sup> – Quilt Guild
- February 17<sup>th</sup> – Homemaker Workday

# Stages of Alzheimer's Disease: What to Expect



Join us for an educational session focused on the stages of Alzheimer's disease. Discussion will include what to expect as the disease progresses from a behavioral and functional standpoint. There will also be tips on how to support your loved one throughout the disease. Following the presentation we will have a general questions and answer session.

Please bring your questions about dementia, brain health, and care and treatment for your loved ones. We look forward to an engaging session!

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

## When?

**January 23, 2020  
6:30pm—8pm EST**

## Where?

**Perry County Cooperative Extension Office  
933 Perry Park Rd., Hazard, KY 41701**

**Contact Glenna Wooten for directions: 606-436-2044**



***Please register for this FREE event by January 16th!***  
**Contact: Sally Scherer at (859) 323-5550 or [Sally.Scherer@uky.edu](mailto:Sally.Scherer@uky.edu)**

# Homebased Microprocessor Workshop



Perry County Extension Office  
Hazard, KY  
March 5, 2020  
9:30 am – 3:00 pm  
Cost: \$50.00

This videotaped HBM workshop is required to become a **Homebased Microprocessor** in Kentucky. It is the first in a series of steps which includes recipe approval (at a cost of \$5 per recipe), verification of an approved water source, and annual certification by the Kentucky Food Safety Branch (with a certification fee of \$50 per year). To qualify, farmers must live and farm in Kentucky. The final product must contain a fruit, vegetable or herb grown by the farmer. Products may be sold from the farm, registered farmers markets or certified roadside stands. Once certified, **Homebased Microprocessors** may sell products such as canned tomatoes and tomato products, pickled fruits and vegetables, salsa, barbecue sauce, pepper or herb jellies, pressure-canned vegetables, and low- or no-sugar jams and jellies.

For more information, or to register for the workshop, call Annhall Norris at 859-257-1812 or visit [http://fcs-hes.ca.uky.edu/homebased\\_processing\\_microprocessing/](http://fcs-hes.ca.uky.edu/homebased_processing_microprocessing/)