

YOU ARE INVITED!

Yes, make me a member / Renew my membership!
Yearly membership is **\$9.00**

(Check one):

Extension Homemaker Club Member, please include

Club Name _____

Mailbox Member. (Available for individuals whose time is limited by job, family, or other factors.) _____

Name _____

Address _____

City _____

State _____ Zip Code _____

Home Phone _____

Cell Phone _____

E-Mail Address _____

PLEASE EMAIL MY NEWSLETTER: YES NO

I am interested in joining a Homemaker Club:

Yes _____ No _____ If yes, meeting time most of interest to you: Day _____

Please complete new form every year!

The Kentucky Cooperative Extension Service is required by Federal Law to collect and maintain information regarding the characteristics of people we serve. The information you supply is voluntary:

Ethnic Background: White _____ Black _____
Hispanic _____ Asian _____ Other _____

Gender: Female Male **Year of Birth:** _____

Circle Age Group: 15-19 _____ 20-24 _____ 25-34 _____

35-44 _____ 45-54 _____ 55-64 _____ 65-74 _____ 75+ _____

Photo Permission: I hereby grant permission to the University of Kentucky, including affiliates and subsidiaries, and KY Extension Homemakers Assn. (KEHA), to interview, photograph, or videotape me, and to use or permit others to use information from that aforementioned interview, or aforementioned images in education and promotional activities and publications without compensation.

Signed: _____

Date: _____

Please cut & return this portion

WHY NOT JOIN US!

Why should you join Homemakers? Because, you need to do something good for yourself, your family and your community! A homemaker's club is a terrific place to meet people and make new friends, learn new skills and ways to make your life easier and less stressful. It's a great place to share your individual skills and talents, build your confidence and develop leadership skills.

Homemaker clubs are a part of the University of Kentucky Cooperative Extension Service. Every state and almost every county in the United States has an Extension Service. The Extension Homemakers Organization provides informal education, leadership activities and community development nationwide.

Through a variety of programs, Homemakers are able to contribute more effectively to the well being of their family, community, and themselves.

We provide information in person, by phone, by mail, at meetings, in newspapers, online and social media.

Why not join us? If your time is limited, become a Mailbox Member.

Send the completed form and your **\$9.00 check or money order only**, made payable to:

"Madison Co. Extension Homemakers"
P.O. Box 270
Richmond, KY 40476-0270

Driving directions to Madison County Extension Education Center

Traveling in on I-75 from the North or South...

Take Exit 83, the "Duncannon Lane" exit. From North, turn left off of the ramp. From the South, turn right off the ramp. This is Duncannon Lane. Drive approximately 3 miles. We are located in a brick building on the left, 230 Duncannon Lane.

Coming from Richmond or Berea on US 25...

Turn onto Duncannon Lane. Travel ¾ mile. Our office is a brick building on the right, 230 Duncannon Lane.

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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.



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

2023-2024



WELCOME TO MADISON COUNTY EXTENSION HOMEMAKERS



In Touch With Today's Changing Family - Making a Difference!

Madison County Cooperative Extension Svc.
230 Duncannon Lane
P.O. Box 270

Richmond, KY 40476-0270

Phone: (859) 623-4072

<https://madison.ca.uky.edu>

Facebook: [MadisonCoFCS](#)

COME JOIN US!

Extension Homemakers is ... an informal education program designed to help gain new knowledge and skills to improve the quality of life for ourselves and for our families. Extension Homemakers are your friends, relatives and neighbors working together for our community, our country, our nation and our world.



Traditional and specialty clubs meet monthly in homes, churches, restaurants, or community centers, both day or evening, Monday through Friday. Local club meetings are informal with plenty of time for lessons, discussion, demonstrations, idea sharing, and show-and-tell. A Homemakers Board coordinates activities on the county and area levels that are informative and fun.

Extension Homemakers is for Everyone!

YOUR MEMBERSHIP IS VALUABLE!

- Receive the **Madison County Family & Consumer Sciences Newsletter** (10 issues) via email or mail.
- **Opportunities** to participate in county-wide Extension Homemaker activities.
- Notification of special county and area **activities**.
- Get the latest information on **consumer and family topics** for you, your family & your home.
- Learn **new skills** for personal development, decision making skills & leadership development.
- **Belong** to an organized group that addresses issues such as community involvement, family life, youth development, international & diversity awareness, the environment, food, nutrition, and health & management.
- Have the **opportunity** to travel, meet other outstanding leaders and **experience unlimited personal growth**.

2023-24 LEADER LESSONS:

- **Personality Assessment (8/29/23)**
- **Lead Your Team: Health Literacy for the Win! (9/21/23)**
- **Planning Thrifty and Healthy Holiday Meals (10/26/23)**
- **Savor the Flavor: Seasoning with Spices (11/29/23)**
- **Self-Care and Self-Pampering (1/24/24)**
- **Recognizing and Coping with Trauma after a Natural Disaster (2/28/24)**
- **A Guide to Beginner Meal Planning and Meal Prepping (3/27/24)**
- **Savor the Flavor: Building Flavor with Herbs (4/25/24)**

Leader Lesson Watch Parties are presented at 10am at the Madison County Extension Center, but also available as a YouTube lesson, with the intention to reteach to club members at their monthly meetings. Mailbox members are always welcome and encouraged to attend or watch online. Lesson materials will be emailed out by request, and links are available in the newsletter.

LEARN WITH US!

Attend sessions sponsored by the University of Kentucky Cooperative Extension Service on topics related to:

- **Food, Nutrition & Health**
- **Environment, Housing & Energy**
- **Leadership Development**
- **Cultural Arts & Heritage**
- **Family & Individual Development**
- **Financial Management & Safety**
- **International**
- **4-H & Youth Development**

Madison County Extension Homemakers have unlimited opportunities through:

- **Master Clothing Volunteer Programs**
- **Cultural Arts Classes & Contests**
- **Heritage Skill Programs, Camps & Workshops**
- **4-H & Youth Program Assistance**

Also, Homemakers are involved in the following community service activities:

- **Tab Project:** Collect aluminum can tabs to raise money for the Ronald McDonald House Charities.
- **Care Bears:** bears are made for all people at risk, at any age, and donated to local emergency providers for comfort.
- **Other** ongoing charitable community project endeavors as selected by County Chairs or clubs.