

April 2025

 Cooperative Extension Service



*Clay County
Cooperative
Extension Service*

Email: clay.EXT@uky.edu

**Open: Monday-Friday
8am - 4 pm**

**Location of EXCEL:
86 Muddy Gap Rd**

Agriculture/Natural Resources - Family
& Consumer Sciences - 4-H/Youth Dev.

EXTENSION EVENTS

How can I stay up-to-date?

Monthly Newsletter

Call or email to be added to the monthly email list.



Facebook Page

"Like" our Facebook page:

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



Webpage

Check out the county webpage at:

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



PO Box 421 / 69 Jameson Rd | Manchester, KY 40962 | P: 606-598-2789 | F: 606-598-2695 | <https://clay.ca.uky.edu>

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 4-H Paint Day 	2 Hacker Elem 4-H Clubs	3 CCHS 4-H Enrichment Programs	4	5
6	7 Mental Health Monday 5:00 PM- Spring Egg Candle Holder	8 Homemaker Card Club It's Your Reality Enrichment Program	9	10 Woodland Owner Field Day 10:00 AM CCMS 4-H Enrichment Programs	11 Create & Inspire Homemaker Club	12
13 Red Bird Christian 4-H Clubs Baking for 1, 2, or a Few 5:00 PM	14	15 Paces Creek 4-H Clubs <hr/> 4-H Art Club 4:00 PM <hr/> Pollinators: Monarch Waystation Site Prep 6:00 PM	16	17 Burning Springs Elem. 4-H Clubs	18	19 Pins & Needles Homemaker Club
20 	21 4-H Home- School Club 11:00 AM Barn Quilts 5:00 PM	22 Goose Rock Elem. 4-H Clubs 4-H Cooking Club 4:00 PM	23 Oneida Elem. 4-H Clubs	24 OBI 4-H Club <hr/> Cattlemen Meeting 6:00 <hr/> Beekeeper's Meeting 6:00 <hr/> Clay Co. Homemaker's Spring Annual Meeting 6:00 PM	25	26 Laurel Co. Cattlemen's Annual Heifer Sale WTA Marketing Alliance
27 4-H Communications Day @ Red Bird Christian School Mental Health Monday 5:00 PM -Jute Farmer's Market Planning Meeting 6:00 PM	28	29 Cross Wall Art	30			



Family & Consumer Sciences

Building strong families. Building Kentucky. It starts with us!



Brandy Napier
Brandy Napier,
Agent for Family & Consumer Sciences
Clay County
Email: brandy.napier@uky.edu

Spring Harvest Salad
Servings: 8
Serving Size: 1 cup

Ingredients:

- 5 cups torn spring leaf lettuce
- 2 1/2 cups spinach leaves
- 1 1/2 cups sliced strawberries
- 1 cup fresh blueberries
- 1/2 cup thinly sliced green onions
- *4 teaspoons lemon juice
- *2 1/2 tablespoons olive oil
- *1 tablespoon balsamic vinegar
- *1 1/2 teaspoons Dijon mustard
- *2 teaspoons Kentucky honey
- *1/2 teaspoon salt
- 1/4 cup feta cheese crumbles
- 1/2 cup unsalted sliced almonds



Nutrition facts per serving: 130 calories; 9g fat; 1.5g sat fat; 240mg sodium; 12g carbohydrate; 3g fiber; 7g sugar; 3g protein.

Directions:

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
2. ***Prepare dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately.

Source: Plate it up! Kentucky Proud Project.

**April 7th &
April 28th
@5:00 PM**



Clay County Cooperative
Extension Service

69 Jameson Rd.

☎ (606) 598-2789

🌐 clay.ca.uky.edu

Join us as our Mental Health Monday's series continues. On Mental Health Mondays, we focus on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session aims to help you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting and connecting with others. Mental Health Mondays are held at 5:00 PM at the Clay County Extension Office, 69 Jameson Rd. Please call 598-2789 to register.

This month's Mental Health Monday dates are April 7th: Spring Egg Candle Holder & April 28th: Jute Cross Wall Art

CLAY COUNTY EXTENSION

Baking for 1, 2 or a Few

April 14th at 5PM

Clay Co. Extension Office
69 JAMESON RD, MANCHESTER

A fun-filled evening learning to create & adapt recipes for quality, tasty baked goods. You'll also be decorating the most adorable spring-themed cupcakes to take home!

CALL 598-2789 TO REGISTER.
WEBSITE: CLAY.CA.UKY.EDU



CLAY COUNTY EXTENSION



UK Cooperative
Extension Service

CLAY COUNTY HOMEMAKERS

Spring Annual Meeting

April 24th at 6 PM
EXCEL

86 Muddy Gap Rd, Manchester, KY

Join the festivities as we explore the hidden treasures of Homemakers at our nautical/sea themed meeting. Have some fun by dressing or accessorizing accordingly. Registration fee is payable until 4 pm on April 21st.

Please stop by the office to register or call (606)598-2789 for more information or visit:
<https://clay.ca.uky.edu/>.



Barn Quilts

Barn quilts have long been a delightfully vibrant tradition in the Bluegrass. Please join us for an opportunity to create your own barn quilt rendition. At our upcoming workshop, you will paint a 4ft x 4ft quilt piece using weather resistant materials that will be sure to be a beautiful addition to your barn, outbuilding, or garage. The class will be held at the Excel Building on April 21st at 5pm.

Due to limited space, we will, unfortunately, only be able to accommodate the first 20 participants who pay the \$45 registration fee for the workshop. Registration will close on April 16th at 4pm. Please note, if you register but are unable to attend, the materials to complete your project at home will be provided to you. Class fee will only be refunded should an unforeseen circumstance require the office to cancel. Please stop by the office to register or call 598-2789 for more information.



Watch your newsletter for additional information and registration.

SAVE THE DATE

MAY 15, 2025 | 10 AM - 3 PM

WILDERNESS TRAIL AREA NEEDLEWORK SEMINAR

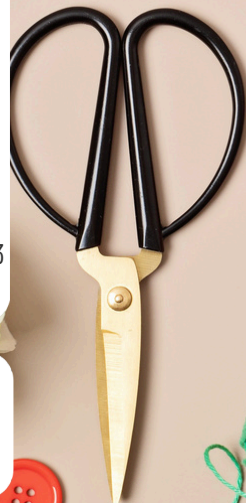
WTA EXTENSION OFFICES

- Bell County Extension Office: 606-337-2376
- Clay County Extension Office: 606-598-2789
- Harlan County Extension Office: 606-573-4464
- Jackson County Extension Office: 606-287-7693
- Knox County Extension Office: 606-546-3447
- Laurel County Extension Office: 606-864-4167
- Rockcastle County Extension Office: 606-256-2403
- Whitley County Extension Office: 606-549-1430

to be held at the
Clay County Cooperative Extension Service
EXCEL Building
86 Muddy Gap Rd, Manchester, KY 40962

CURRENT LIST OF CLASSES:

- Red Work** (2 hour)
- Crochet** (2 hour)
- English Paper Piecing** (2 hour)
- Jelly Roll Quilt** (4 hour)
- Cross Stitch** (2 hour)
- Basic Embroidery** (2 hour)
- Diamond Art** (2 hour)



2025 Homemaker Grab & Go Kits

Quarterly Grab & Go Crafting Kits are now available to all paid Clay County Extension Homemakers. These kits contain the materials and instructions for creating a craft at home. Kits can be picked up in the office Monday-Friday from 8:00 AM - 4:00 PM.

This quarter's kit is now available!! Kits include materials to paint your own mini barn quilt.



Homemaker Card Club

Would you like to learn how to make beautiful greeting cards? Join our Homemaker Card Making Club, led by Gail Voyles! We meet the 2nd Tuesday of every month at 1:00 PM at the Clay County Extension Office. We always welcome new members. If you are not already a paid Homemaker, dues are \$12 annually. Your annual Homemaker dues allow you to join any of our Homemaker Clubs. Our next meeting will be April 8th.

Create & Inspire Homemaker Club

Create & Inspire is Clay County Extension's newest Homemaker Club. Led by Lona Cornett, Create & Inspire meets the second Friday of each month from 10 AM - 5 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. Create & Inspire provides a warm, welcoming, and fun atmosphere that gives members the opportunity to connect with others as they work on their favorite craft or hobby. As an added bonus, members have ample space to spread out their materials and allow their creativity to flow! Bring your project and join us for a creative and inspiring day! Our next meeting will be Friday, April 11th. If you are not already a paid Homemaker, dues are \$12.00 annually. Call 598-2789 for more information.

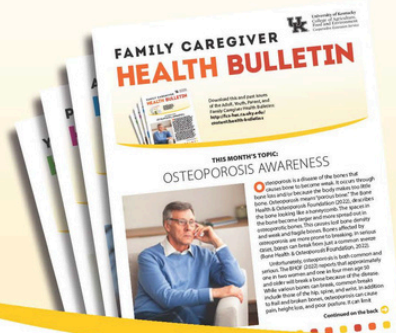


Pins & Needles Homemaker Club

The Pins & Needles Homemaker Club is led by Laura Garrison and meets the 3rd Saturday of every month at 10:00 AM at the Clay County EXCEL building, 86 Muddy Gap Road. This club always welcomes new members! Bring your materials and join us with your sewing projects. Don't know how to sew, no problem...we will teach you! If you're not already a paid homemaker, dues are \$12 annually. Call 598-2789 for more information. Our next meeting will be on April 19th.

FAMILY CAREGIVER

HEALTH BULLETIN



APRIL 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County
 Extension Office
 000 Street Road
 City, KY
 Zip
 (000) 000-0000

THIS MONTH'S TOPIC

BENEFIT-FINDING IS A POSITIVE FORM OF COPING WITH CAREGIVER STRESS



Caregiving can be rewarding. But it can also be stressful, even for the most resilient people. It is not uncommon for caregivers to have good benefits and negative stress at the same time. According to the Mayo Clinic, caregivers have higher levels of stress than non-caregivers. But the American Psychological Association reports that caregivers who feel more benefits than stress from caregiving report lower levels of depression and overall stress. This sensed level of satisfaction can have benefits even after caregiving has ended.

Finding the rewards of caregiving is a way of coping with the stressful circumstances. Those rewards might include:

- Strengthened relationships,
- A sense of purpose,

Continued on the next page ➔



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Take a break. Everybody needs a break. Taking a break from caregiving can be one of the best things you do for yourself and your loved one. It gives everyone a reset.

➔ Continued from the previous page

- Happiness at knowing your loved one is getting the right care,
- Modeling caregiving traditions for younger people, and/or
- Giving back to someone who may have cared for you or others.

According to the Mayo Clinic, caregivers report higher levels of emotional and physical stress than non-caregivers. When you're so focused on a loved one's care and well-being, it can be easy to miss the toll on your own health. Steady stress will harm overall health and well-being over time. When you're stressed, you are at greater risk for lack of sleep, poor nutrition, physical inactivity, and feeling depressed or anxious. These lifestyles also increase your risk for chronic health conditions. As a result, caregivers need to care for themselves too.

Try these tips from the Mayo Clinic to help manage and lower caregiver stress:

- Ask for help
- Accept help
- Get in touch with the right resources (call your local Area Agency on Aging, national Eldercare Locator or the state Department for Aging and Independent Living)
- Join a support group (online or in-person) so you know you are not alone
- Focus on your strengths
- Eat a healthy diet
- Be physically active
- Sleep
- Seek sunshine
- Talk to your health-care professional

Take a break. Everybody needs a break. Taking a break from caregiving can be one of the best things you do for yourself and your loved one. It gives everyone a reset. There are many types of respite care including in-home respite, adult care centers, and short-term or



long-term care facilities. Family, friends, and neighbors can also help you take some time off.

Caregiving is an important role. Caregivers provide essential support to those who need it. In return, caregivers need self-care to protect their emotional and physical well-being.

Resources:

- **Area Agency on Aging:** <https://www.chfs.ky.gov/agencies/dail/Pages/aaail.aspx>
- **Department for Aging and Independent Living:** <https://www.chfs.ky.gov/agencies/dail>
- **Eldercare Locator:** <https://eldercare.acl.gov> or 1-800-677-1116

REFERENCES:

- American Psychological Association. (2011). Positive aspects of caregiving. Retrieved February 21, 2025 from <https://www.apa.org/pi/about/publications/caregivers/faq/positive-aspects>
- Mayo Clinic. (2023). Caregiver stress: Tips for taking care of yourself. Retrieved February 21, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





AGRICULTURE/NATURAL RESOURCES

Ashley Adkins

Ashley Adkins
Agent for Agriculture & Natural Resources
Clay County
Email: ashley.adkins@uky.edu

Clay County Cattlemen's Association meeting- April 24th at the Clay Co. Extension Office



FARMERS MARKET

Upcoming Event Dates

The Clay County Community Farmers Market will have their next planning meeting for the upcoming market season on April 28th at 6 PM at the Clay County EXCEL building.

There will be a Promotion Event/Special Sale on May 10th with Grand Opening Day of the market season being June 7th.

Anyone interested in participating in this year's Farmers Market please contact us at 598-2789 for more information and plan on attending the next planning meeting!



Foundation for Appalachian Kentucky



FLOOD DAMAGE?

Farms that were impacted by the February 2025 floods can now apply for the Central Appalachian Family Farm Fund's Flood Relief Grant. This grant is a partnership between the Community Farm Alliance and the Foundation for Appalachian Kentucky. You can stop by the Clay County Extension Office to pick up an application or print one from our website at:

<https://clay.ca.uky.edu/sites/clay.ca.uky.edu/files/CAFFF%20Flood%20Fund%20Application%202025%20Printable.pdf>

Questions? Email jenniferecfaky.org or call (606) 439-1357 and ask for Jennifer Weeber.



Apple Rootstock

We have Apple Rootstock available for \$2.00 each. Rootstock is not a fruit tree that can be planted. Rootstock must have Scionwood grafted onto it to be a tree. Call the Extension Office at 598-2789 for more information about grafting rootstock.

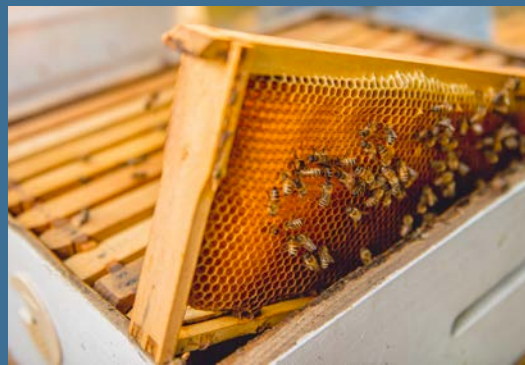


Clay County Conservation District Tree Giveaway

The Clay County Conservation District will be giving away Redbud & Dogwood Trees at The Good Continues Event on May 8th at Rawlings & Stinson Park beginning at 4:30 PM. They will also be giving away trees at the Oneida Homecoming Event at the Oneida Park on May 10th beginning at 10:00 AM. A Soil Tunnel Display will be set up at both events as well to provide a walk-through experience, illustrating the world beneath our feet and the importance of soil health and its functions.

Clay County Cattlemen's Association
Clay County Extension Office
Thursday, April 24th at 6:00 PM.

Join us for our next Clay County Cattlemen's Association Meeting on April 24th at 6:00 PM at the Clay County Extension Office, 69 Jameson Rd. We will be discussing Marketing Strategies: What buyers are looking for when purchasing cattle. Dinner will be provided, so please call 598-2789 to register to ensure we have an accurate head count for food.



Clay County Beekeeper's Association
EXCEL Building
Thursday, April 24th at 6:00 PM.

The Clay County Beekeeper's Association meets the fourth Thursday of each month at the EXCEL Building, 86 Muddy Gap Road. If you are interested in becoming a beekeeper, feel free to contact Clay County Extension Office at 598-2789 to learn about our local organization meetings. New members are always welcome!

Laurel County Cattlemen's Annual Heifer Sale
WTA Marketing Alliance
Saturday, April 26th 1:00 - 4:00 PM

The Laurel County Cattlemen's Association will be hosting their 12th Annual Heifer Sale on April 26th. All animals in the sale are health screened and veterinarian checked before the sale and are CAIP Cost Share eligible.



Horses and Horsemen
WTA Marketing Alliance
April 29th at 6:00 PM

This is a chute-side equine course that will be covering Horse Health, Fly & Tick Management, & TACK. At the end of the program we will have an open Q&A session to answer any equine related questions you may have! A free meal will be provided. Please call 598-2789 to register. This course will count as continuing education credit for CAIP.

WOODLAND OWNERS FIELD DAY

APRIL 10TH
10:00 AM

591 Sarvis Branch Rd
Manchester, KY

Do you own forests or woodlands
in Southeastern Kentucky?

Join us on April 10th at 10:00 AM for
a White Oak Planting
Demonstration by Jimmie
Sizemore. We will be meeting at
591 Sarvis Branch Rd., Manchester,
KY 40962 at 10:00 AM

Topic of discussion:

 White Oak Planting
Demonstration

This event is FREE & open to
landowners in Clay & surrounding
counties.

Please call 598-2789 to register.

 clay.ca.uky.edu

POLLINATORS

MONARCH WAYSTATION SITE PREPARATION

A monarch waystation is a place that provides monarch butterflies with the resources they need to survive and reproduce.

Join us on April 15th at 6:00 PM for a Monarch Waystation Site Preparation Demonstration. We will be having a Potluck dinner, so bring your favorite dish to share!

Clay County
Extension Office
EXCEL Building
86 Muddy Gap Rd.
Manchester, KY 40962

Please call 598-2789 to register

 clay.ca.uky.edu





4-H Events



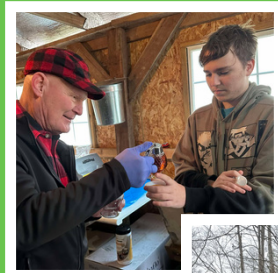
Get Involved in 4-H!

Alissa Ackerman

Alissa Ackerman
Agent for 4-H/Youth Development
Clay County
Email: alissa.ackerman@uky.edu

4-H Homeschool Club

4-H Homeschool Club members visited Jimmie Sizemore's maple syrup facility and gained knowledge on the history and process of making maple syrup!



4-H Enrichment Programs

Students at Big Creek Elementary learned how to manage stress and worry by participating in a variety of exercises and sampling a healthy smoothie recipe!



4-H Art Club

4-H Art Club members created their very own spring project, just in time for Easter! Don't forget to enter projects from throughout the year for the 4-H Project Showcase this summer!





4-H Art Club

APRIL 15TH 4:00 PM
CLAY COUNTY EXTENSION OFFICE
69 JAMESON RD.

FREE & OPEN TO AGES 9-18
CALL 598-2789 TO REGISTER!

See you there!

WEBSITE: CLAY.CA.UKY.EDU



JOIN THE 4-H Cooking Club



April 22nd at 4:00 PM
Clay County Extension Office

Please call 598-2789
to register!

Each meeting focuses
on new cooking skills
& recipes!



Ages: 9-18, if younger,
an adult must be present



4-H HOMESCHOOL Club

Age 9-18

April 21st @ 11:00

FREE!



If you are a homeschooler, we would love to have you join our 4-H Homeschool Club! We focus on a variety of topics and travel to new places every month to enhance our knowledge in many different areas! Please call 598-2789 to register.

4-H IN-SCHOOL CLUBS



Enrichment Programs

Programs offered:

- Bullying 101
- Career Readiness
- Character Building
- Communication/Leadership
- Financial Management
- Hygiene
- Manners
- Natural Resources
- Physical Activity/Nutrition



Take advantage of our awesome 4-H opportunities!

If interested in having 4-H in your classroom or afterschool, please call 598-2789 or email Alissa at alissa.ackerman@uky.edu.



For more information and to receive a packet of categories & rules, please call the Clay County Extension Office at 598-2789!

4-H COMMUNICATIONS DAY CONTEST

APRIL 28TH
9:00AM

RED BIRD CHRISTIAN SCHOOL
REGISTRATION DUE BY APRIL 18TH

Junior Speeches: 3-5 minutes (Age 9-13)
Senior Speeches: 5-7 minutes (Age 14-18)
Junior & Senior Demonstrations: (5-15 minutes)

Ages 9-18
can
participate



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



Disability accommodations with prior notification.



EXPLORE KENTUCKY'S NATURAL WORLD



Natural Resources & Environmental Science Academy

Three-year program designed to teach youth about their natural environment. Participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.

Who can Apply?

- Must be in 5th grade at time of application.

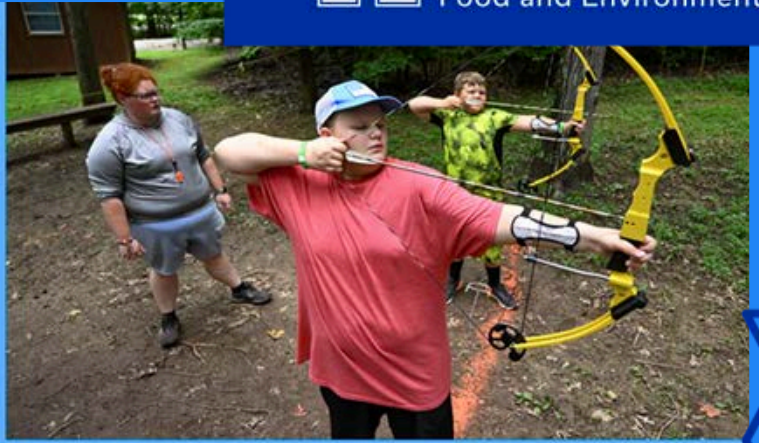
Cost: \$175 (Scholarships are also available)

For questions, please contact the Clay County Extension Office at 598-2789

Registration Deadline

April 25th
For applications, visit:
clay.ca.uky/4h-youth-development





4-H CAMP

"CAMPLIFY YOUR SUMMER"

CAMP DATE: July 22-25, 2025

COST: \$75

Required deposit: \$35 (must pay to reserve your spot!)

J.M. Feltner 4-H Camp

Registration Week: April 1st-18th

Deadline for all paperwork & fees - June 2nd

Questions? Call Clay County Extension Office at 598-2789

HIGHLIGHTS:

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- Find Your "Spark" and
- Amplify Your Summer Break

Camper Age: 9-14

Teen Counselor Age: 16-18

- * 15-year-olds will serve as counselors in training
- * Age 18 or older will complete a background check



RETURN SERVICE REQUESTED

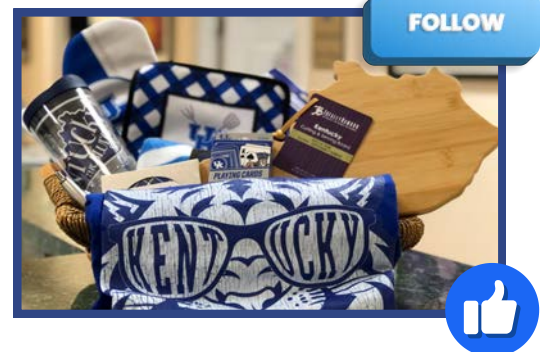
The Clay County Cooperative Extension Service has a NEW Facebook page! We encourage everyone to like and follow our new page at <https://www.facebook.com/claycoextension>.



Would you like to win a beautiful basket filled with UK merchandise valued at over \$130?!?!

Here's how to be entered into the drawing:

- 1) "Like" & "follow" our new Facebook page.
- 2) Find & like the "Chance to Win" original post.
- 3) Tag 5 friends in the comments.
- 4) Share the post.
- 5) For every 5 friends you tag in the comments, your name gets put in the drawing again.



The winner will be announced in early April on the new Facebook page!