

Bath County Family and Consumer Sciences Summer Newsletter

A MESSAGE FROM YOUR FCS AGENT:

Hello, All!

We are jumping right into summer with some fun programs! Be sure to mark your calendars so you do not miss out! This newsletter has information for both June and July, as it is a combined summer newsletter. Along, with program flyers, we also have a reading all about online privacy so be sure to give that a read! Be sure to follow our Facebook pages for additional readings, recipes, and information regarding programming.



Alex Sallie

County Extension Agent for
Family & Consumer Sciences

Waiting for you inside!

- **Homemaker News**
- **Calendar of Events**
- **Flyers**
- **MoneyWise Reading**

**Bath County
Cooperative Extension
Service**

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Bath County Homemaker News

Salt Lick Homemaker
Donna Montgomery
was named RSVP
volunteer of the
Month in May!
Congrats!

State Cultural Arts Winners

Amelia Calulot
Jan Carmen
Debbie Highley
Kitty Lentz
Tera Rawlings

Cultural Arts

Drop off will be
June 23rd 9-12 and
then 1-3



Annual Meeting:
June 24th
6 PM

Homemaker
Council Meeting:
July 15th
5:30 PM








Congratulations Judy Whaley on
winning Third place at KEHA for
personal volunteers!

Family and Consumer Sciences

Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.




June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Project Linus @ 10 AM 	4 Paper Hugs @ 10 AM 	5	6	7
8	9 Sew Day @ 9:30 AM 	10	11	12 Laugh & Learn Program @ 10 AM 	13	14
15 Cooking Through the Calendar @ 3:30 PM 	16	17	18	19	20 First Day of Summer 	21
22	23	24 Homemaker Annual Meeting @ 6 PM 	25	26	27	28
29	30					

Family and Consumer Sciences Extension Calendar

July

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Project Linus @ 10 AM 	2 Paper Hugs @ 10 AM 	3 Lunch & Learn: Gardening Safety 	4 Office Closed: Independence Day 	5
6	7	8	9	10	11	12
	County Fair Week					
13	14	15	16	17	18	19
				Laugh & Learn Program @ 10 AM 		
20	21	22	23	24	25	26
	Cooking Through the Calendar @ 3:30 PM 					
27	28	29	30	31		



Martin-Gatton
College of Agriculture,
Food and Environment

Sew Day

Second Monday of every month

Time: 9:30 AM

Location: Bath Co. Ag Center



Come join our two Master Clothing Volunteers for Sew Day!

Help is needed in making:

- Little Girl dresses that will be sent in Christmas boxes to Africa.
- Hats and Port Pillows that will be donated to local cancer patients.
- Pocket Pillow Cases that will be donated.

Volunteers needed for:

- Cutting patterns
- Iron fabric
- Stuffing Port Pillows
- & Sewing -- if you would like to learn, we can teach you!



... Laugh ... & Learn Playdate

July 17
Time: 10 AM

Come join us for our 2025 Laugh and Learn Playdate program. This program targets school readiness objectives! Each month will have a fun theme that involves learning activities. FREE for all children 1-5 years of age accompanied by an adult.

Scan to
register



Location: Bath County AG Center
Weather permitting, we will be
outside under the green hoop.



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Disabilities
accommodated
with prior notification.

COOKING THROUGH THE *Calendar*

Date: July 21st

Time: 3:30 PM

Location: Bath Co. AG Center

July Recipe: Chicken Burgers

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Bath County Extension Office
2914 E. HWY 60 Owingsville,
KY 40360
606-694-6121



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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GARDENING Safely

LUNCH & LEARN

WHEN: JULY 3RD

TIME: 12 PM

COST? FREE!



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Lexington, KY 40506



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

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THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.

Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.



PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

DO Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith_Family_Home or 2_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

DO Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

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CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.



DO Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

DO Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

DON'T Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

DO Secure your social media accounts as much as they will permit.

DON'T Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

DO Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

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