

# Bell County Homemaker Newsletter

July/ August 2025



## Quote of the Month

**“One flag, one land, one heart, one  
hand, one Nation evermore.”**

–Oliver Wendell Holmes

## Office Closures

Independence Day - 07.04.2025

## Step into Wellness This August

**August is National Wellness Month. But what does “wellness” really mean? Wellness is about taking care of your whole self, not just your physical body. Wellness is made up of various dimensions. Some people say there are six, others say eight, and some even say there are more than that. Today, we will focus on the eight dimensions. Those dimensions are emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. These dimensions, both together and separately, have the ability to impact your overall health and well-being.**

**You may be wondering “how can I focus on my wellness this month?”**

Focusing on your wellness does not have to be hard. If you are able to set aside just a few minutes in your day, you will be able to improve your wellness and overall health. Below are just a few ideas for how you can focus on your wellness this month!

- **Take care of your body**

This can be as simple as aiming to move your body more or focusing on drinking more water throughout the day.

- **Take care of your mental health**

This can be as simple as journaling at the beginning and/or end of your day.

- **Set realistic goals**

It might not always be easy, but if you begin with goals that are easier to reach, you can slowly work your way up to bigger ones. This can help you accomplish more over time.

**So, this August (and even after August), let’s really take a step back and focus on our overall wellness!**

### References

<https://globalwellnessinstitute.org/what-is-wellness/>

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

<https://shcs.ucdavis.edu/health-and-wellness/eight-dimensions-wellness>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist for Mental Health and Well-Being



# Upcoming Programs & Announcements

PLEASE CALL TO REGISTER FOR EVENTS (606-337-2376)

- JUL. 11** **CLOVERBUDS DAY CAMP** - MEETING ROOM - 10:00AM-12:00PM - AGES 5-12
- JUL. 18** **FOOD PRESERVATION 101** - MEETING ROOM - 10:00AM-2:00PM
- JUL. 21** **LAUGH AND LEARN** - MEETING ROOM - 5:00PM  
THIS IS A FREE INTERACTIVE EXPERIENCE DESIGNED FOR KIDS 5 YEARS OF AGE AND UNDER. FROM STORYTIME TO ART AND CRAFTS YOUR LITTLE ONES WILL EXPLORE, CREATE AND GROW IN A NURTURING ENVIRONMENT
- JUL. 29** **ADDICTION 101** - MEETING ROOM- 12:00PM  
WE WILL TALK ABOUT RISK FACTORS AND WHERE TO FIND LOCAL RESOURCES THAT CAN HELP
- AUG. 6** **HOMEMAKER COUNCIL MEETING** - MEETING ROOM - 10:00AM
- AUG. 11** **LAUGH AND LEARN** - MEETING ROOM - 5:00PM  
THIS IS A FREE INTERACTIVE EXPERIENCE DESIGNED FOR KIDS 5 YEARS OF AGE AND UNDER. FROM STORYTIME TO ART AND CRAFTS YOUR LITTLE ONES WILL EXPLORE, CREATE AND GROW IN A NURTURING ENVIRONMENT
- AUG. 14** **PLATE IT UP COOKING CLASS** - MEETING ROOM- 1:00PM  
TOMATO BASIL SALAD
- AUG. 20-23** **BELL COUNTY FAIR** - SEE EXHIBITS LIST ATTACHED
- AUG. 26** **HOMEMAKER AREA LEADER TRAINING** - LAUREL CO. EXTENSION OFFICE - 10:00AM

## **\*Save the Dates!\***

**SEPT. 8** - WALK YOUR WAY CHALLENGE: SIGN UP AT 5:00 PM.

**SEPT. 4** - HOMEMAKER KICK-OFF 5:00PM.

**SEPT. 18** - LEARN, LAUGH, AND CRAFT 1:00PM

## Fresh Corn Salad

5 ears of fresh corn

½ cup diced red onion

3 tablespoons cider vinegar

3 tablespoons olive oil

½ teaspoon salt

½ teaspoon black pepper

½ cup freshly chopped basil

**Shuck** and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.

**Toss** the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

**Chill** to allow flavors to blend. Just before serving, add fresh basil.

**Yield:** 10, ½ cup servings.

**Nutritional Analysis:** 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

