

Healthy ♥ Happy Homemakers

PURCHASE LESSON SCHEDULE 2022-2023

	Lesson Hubs 10:00am	Graves	Hickman	Marshall	McCracken
Lesson	Transferring Cherished Possessions- Vicki Wynn				
MAR		2/27	2/28	3/2	3/1
Lesson	Entertaining Little Ones				
APR		3/28	3/29	3/30	3/31
Lesson	Learn with a Purpose: Understanding Learning Styles-Kelly Alsip				
MAY		4/25	4/26	4/24	4/27
Lesson	Reducing the Risk of Identity Theft- Mail out				
JUNE					

March. Transferring Cherished Possessions- Vicki

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Over the course of two lessons, learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. **Lesson One: Who Gets What?** covers how to determine goals and establish a fair distribution process between heirs. **Lesson Two: Effective Planning and Communication** covers methods of distribution and strategies for communicating with loved ones about your decisions while minimizing potential conflicts.

April. Entertaining Little Ones

Keeping little ones entertained can be rather difficult at times. Learn three simple steps used to identify activities children enjoy. Then use that information to create a 5-day activity routine to keep little ones engaged and active.

May. Learn with a Purpose - Kelly

Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience.

June. Identity Theft- Mail out

Identity theft is the most reported type of fraud complaint received by the Federal Trade Commission. Learn what identity theft is and how to reduce the risk, as well as what to do if it does happen to you.



College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension
Building Strong Families



Brooke Hogancamp
Brooke Hogancamp
Carlisle County Extension Agent
for Family & Consumer Sciences
University of Kentucky Cooperative Extension
brooke.hogancamp@uky.edu



Transferring Cherished Possessions

Join us as we discuss creating a plan for distributing your non-titled possessions.

February 27, Graves County Extension Office 10:00am
February 28, Hickman County Extension Office 10:00am
March 1, McCracken County Extension Office 10:00am
March 2, Marshall County Extension Office 10:00am



If you plan to attend a lesson, be sure to call in advance!

**County Hubs
for Lessons:**

Graves
Hickman
McCracken
Marshall



KEHA News and Notes—Kelly May, State Contact

2023 KEHA State Board Elections – Credentials will be sought for a total of six positions to be elected in May 2023. All will serve from July 1, 2023, to June 30, 2026. Credentials must be sent certified mail and postmarked by April 8.

The following KEHA state officer and chair positions will be open for election:

- First Vice President (Program)
- Treasurer
- Environment, Housing, & Energy Chair
- Food, Nutrition, & Health Chair
- Leadership Development Chair
- Marketing and Publicity Chair

Credentials include the nomination form for the position – [Appendix pages 6-7](#) for state chair candidates; [Appendix pages 8-9](#) for state officer candidates; and treasurer candidates also need to complete [Appendix page 10](#). For more information, also review the qualifications listed on [page 12 of the Handbook](#) and the job descriptions on the KEHA website in the “[State Board](#)” section. Encourage qualified candidates to apply!

Grants, Scholarships, and Contests – March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the [KEHA Manual](#). Be sure to submit your entries on time and to the correct address/email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

KEHA Contests – Entries are sent to the respective chairmen who oversee the contests, as noted in the [KEHA Manual](#). Contests include:

- **Creative writing:** poetry, memoirs, and short story (Manual pages 37-39) – Due to Barbara Seiter, Cultural Arts and Heritage, 8669 Valley Circle Drive, Florence, KY 41042, seiterbarbara@yahoo.com.
- **Adopt-A-Highway Awards** (page 49) – Linda Padgett, Environment, Housing and Energy Chair, 11307 Lakeview Drive, Union, KY 41091, padgettky@gmail.com.
- **Ovarian Cancer Fundraising and Promoting a Healthy Kentucky** (page 60) – Sharon K. Fields, Food, Nutrition and Health Chair, 216 Cedarwood Drive, Greenup, KY 41144, scrawford@kih.net.
- **Homemakers Support 4-H** (pages 64-65) – Denise Boebinger, 4-H Youth Development Chair, 3275 Bald Knob Road, Frankfort, KY 40601, dboebinger@me.com.
- **International contests and awards** (page 73) – Marilyn Watson, International Chair, 2286 Melwood Drive, Henderson, KY 42420, Mjmw1315@twc.com.
- **Community Volunteerism Awards** (page 88) – Ann Porter, Educational Chair, P.O. Box 88, Washington, KY 41096, annporter42@gmail.com.

KEHA Grants – KEHA offers two grant opportunities. Grant proposals/applications are due to the state 2nd Vice President.

KEHA Development Grants provide areas and counties with the opportunity to obtain funding for projects. Applications must be submitted by KEHA members. The guidelines and application form are included in the KEHA Manual, Handbook section, pages 107-111, and on the [KEHA website](#). Applications must be sent by certified mail and postmarked by March 1. Send to Julie Hook, KEHA 2nd Vice President, 74 County Road 1021, Cunningham, KY 42035 or julie.hook@carlisle.kyschools.us.

KEHA Mini-Grants for Study or Research may be submitted by KEHA members, FCS agents, or FCS specialists. These mini-grants are for up to \$500 for study or research. The guidelines and application form are included in the KEHA Manual, Handbook section, pages 104-106, and on the [KEHA website](#). Applications must be submitted by March 1. Send to Julie Hook, KEHA 2nd Vice President, 74 County Road 1021, Cunningham, KY 42035 or julie.hook@carlisle.kyschools.us.

KEHA NEWS & NOTES cont.

KEHA Scholarships – KEHA provides two educational scholarship programs. Scholarship applications are due to the state Leadership Development Chair.

Evans/Hansen/Weldon Scholarship is open to any full-time student attending a college or accredited undergraduate program in Kentucky and majoring in a Family and Consumer Sciences/Human Environmental Science degree program. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 94-98 and on the [KEHA website](#). Please promote this in your county. Applications are due by March 1 to the KEHA Leadership Development Chair. Send to: Ann Porter, P.O. Box 88, Washington, KY 41096 or anns-porter42@gmail.com.

KEHA Homemaker Member Scholarship is open to KEHA members with a minimum of 3 years of active membership. The scholarship may be used for any college or university, as well as for a trade or technical school. It is intended for students pursuing their first degree or certification. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 99-102 and on the [KEHA website](#). Please share this with your members. Applications are due by March 1 to the KEHA Leadership Development Chair. Send to: Ann Porter, P.O. Box 88, Washington, KY 41096 or annsporter42@gmail.com.

Leadership Academy – There were 23 applicants statewide who were accepted to participate in the 2023 Leadership Academy. The March 1-3 training will emphasize building leadership capacity with the organization.

2023 State Meeting – The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Because of rising prices, the registration pricing structure for 2023 has changed. Details for planning can be found on the [State Meeting](#) webpage. Full details and registration forms will be available in February when the state newsletter is issued.

Dates to Remember

- February – KEHA State Newsletter coming soon!
- March 1 – KEHA development grant, mini-grant, scholarship, and contest entry deadlines.
- March 1-3, 2023 – KEHA Leadership Academy at Blue Licks Battlefield State Resort Park.
- March 13-14 – KEHA Spring Board Meeting, Crowne Plaza Hotel, Louisville, Kentucky.
- March 15 – Area Showcase forms due to 1st Vice-President ([see KEHA Manual Appendix, page 31](#)).
- April 1 – Area lesson schedules for 2023-24 due to KEHA State Advisor.
- April 8 – Postmark deadline for state officer and chair credentials ([see KEHA Manual Appendix, pages 6-9](#))
- April 10 – Postmark deadline for early registration fee for 2023 KEHA State Meeting.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.



County Homemaker Club Meetings & Contacts

* Thrifty Homemakers—1st Tuesday of the month
President Vickie Veatch

* Night Owls —3rd Monday of the month
President Jackie Beggs

* Milburn Homemakers—3rd Monday of the month
President Jane Draper

* Stitchin’ Sisters—2nd Saturday of the month
President Lisa Dodson

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
2. ART, 3-Dimensional
 - a. Carving
 - a. Wood
3. ART, NATURAL
4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
7. CERAMICS
 - a. Hand-formed
 - b. Molded
8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
9. CROCHET
 - a. Accessories
 - b. Fashion
10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
13. FELTING*
 - a. Needle Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring

Handbook 40
June 2022

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
 - c. Original Design
16. KNITTING (HAND)
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
17. KNITTING (OTHER)
18. NEEDLEPOINT
 - a. Cloth Canvas
 - b. Plastic
19. PAINTING, ART
 - a. Acrylic
 - b. Oil
 - c. Watercolor
20. PAINTING, DECORATIVE
 - a. Metal
 - b. Wood
 - c. Other
21. PHOTOGRAPHY
 - a. Black & White (mounted & framed)
 - b. Color (mounted & framed)
22. QUILTS**
 - a. Baby-size or Lap-size (hand quilted)
 - b. Baby-size or Lap-size (machine quilted)
 - c. Hand Appliqué (hand quilted)
 - d. Hand Pieced (hand quilted)
 - e. Machine Appliqué (machine quilted)
 - f. Machine Pieced (hand quilted)
 - g. Machine Pieced (machine quilted)
 - h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
 - i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
 - j. Technology Based (hand or machine quilted)
 - k. Miscellaneous (hand or machine quilted)
23. PAPER CRAFTING
 - a. Card Making
 - b. Origami
 - c. Quilling
 - d. Scrapbooking***
24. RUG MAKING
 - a. Braided
 - b. Hooked
 - c. Punch Needle
 - d. Woven
25. WALL or DOOR HANGING
26. WEAVING
 - a. Fabric
 - b. Other
27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)
 - a. Hand (macrame, caning)
 - b. Loom

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Handbook 41
June 2022

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit "original" items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

Champion (purple ribbon) entries from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2020-2021).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member's entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

Handbook 43
June 2022

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition
- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.
- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition
- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

Handbook 42
June 2020

ADULT

HEALTH BULLETIN



FEBRUARY 2023

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

Carlisle County Extension Office
 65 John Roberts Drive
 Bardwell, KY 42023
 (270) 628-5458

THIS MONTH'S TOPIC:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Heart Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.

Continued on the next page →



Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

→ Continued from the previous page

Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com



28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the #OurHearts movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit Smokefree.gov to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart-healthy recipes](#).



Day 12

Reduce stress using [relaxation techniques](#).



Day 13

Give the elevator a day off and take the stairs.



Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.



Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.

Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.



Day 25

Ask a family member or neighbor to join you for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).





Silent Auction!



Game Day

Hosted by Marshall County Homemakers



March 20, 2023 | 9:00 A.M. - 2:00 P.M.

Marshall County Extension Office

**1933 Mayfield Hwy.
Benton, KY 42025**

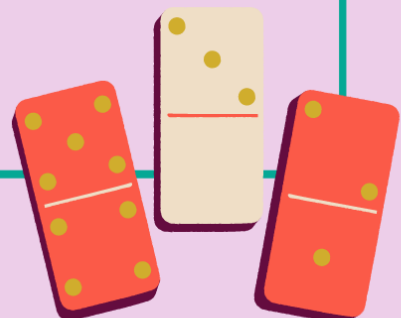
\$10 per person covers games, a light brunch, and a lunch consisting of soup, sandwich, and dessert.

**Money raised will go towards
Marshall County 4-H 2023 Camp Scholarships.**

GAMES INCLUDE: Bingo, Canasta, Uno, Dominoes, Scrabble, Mahjong, and many more!



Door prizes & Game prizes!



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

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

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.
LEXINGTON, KY 40546



HELPERS NEEDED!



-**CRAFT LEADERS**—Monthly craft classes are coming! If you are interested in leading a craft one month, contact Carolyn Hook or Brooke Hogancamp.

-School Programs in need of Volunteers:
Truth & Consequences March 29
Reality Store—April TBA
Adulting 101—May 1

-Box Lunch fundraiser assistants needed! April 20 & 21@ the Carlisle County Extension Office. Flyers & Order forms are available!

-Knitting and Crochet Leaders needed! We have interest in knitting and crochet clubs and/or classes for adults AND youth. Share your skills and talents!

IMPORTANT REMINDERS!!

Area Cultural Arts Day—MARCH 3rd

- Bring entries to Carlisle County Extension Office by Wednesday, March 1 for transport to Graves County on Friday, March 3!
- We will tag the items at the office, please have your category information.

KEHA State Meeting

- Save the date: May 9-11 in Louisville, KY
- Registration information is on the way! Be watching for your KEHA State Newsletter

Membership Recruitment

- Its never too early to start recruiting! Let's build our county membership #s.
- Annual Dues \$10 were due December 1, but its never too late! If you missed the deadline, please pay your membership ASAP.



Volunteer Service Log Calendars

Don't forget to LOG THOSE VSU HOURS!!

Volunteering takes HEART and deserves recognition.

Keep your service hours organized in this small calendar, perfect to keep in your purse for easy access.

Ask for one at the Carlisle County Extension Office 270-628-5458



Carlisle County Extension Homemakers
<https://www.facebook.com/CarlisleCountyHomemakers>

Purchase Area Extension Homemakers
<https://www.facebook.com/purchasehomemakers>

Carlisle County Cooperative Extension Service
<https://www.facebook.com/CarlisleCES>

**Carlisle County Homemakers
Council Meeting
Monday, 3/13/23
4:30pm
Carlisle County Extension Office**



Party Line Corner

Want reminders sent directly to your cell?

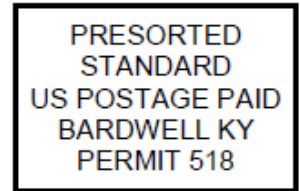
Join our REMIND group to be added to the Homemakers Message List! It's easy!
Simply text @ccexthome to 81010.



Cooperative Extension Service

*University of Kentucky
Carlisle County
65 John Roberts Drive
Bardwell, KY 42023*

College of Agriculture,
Food and Environment
Cooperative Extension Service



RETURN SERVICE REQUESTED

**Healthy Homes.
Healthy Families.**



It starts with us

