

# Healthy ♥ Happy Homemakers

## Purchase Area Extension Homemakers Area Cultural Arts Competition March 1, 2024

Congratulations to all of the Carlisle County Extension Homemakers who participated in the Area Cultural Arts Competition on March 1! Participants who received Blue/Purple Honor will continue on to compete at the Kentucky Extension Homemaker State Meeting in Bowling Green, KY on May 7-9.



- Blue/Purple
- Judy Brent–Holiday Decoration, Winter
  - Peggy Rexroat–Knitting, Accessory
  - Peggy Rexroat–Crochet, Fashion

- Blue
- Peggy Rexroat–Crochet, Home Decor
  - Kathy DeLong–Art Recycled, Clothing
  - Judy Brent– Wall Hanging
  - Peggy Rexroat–Crochet, Thread

- Red
- Peggy Rexroat–Color Photography



*Brooke Hogancamp*  
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### March 2024 News and Notes–Kelly May, KEHA State Advisor



#### State Meeting -

Registrations are arriving daily for the KEHA State Meeting May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Visit the State Meeting webpage for information on registering, making room reservations, and other details. The following are a few important highlights to note.

#### \* **Session Registration**

- Registration for sessions and crafts is first-come, first-served, so make sure you sign up early!
- Discounted early-bird rates are available until April 9, which is also the deadline for ordering a T-shirt. Late registration must be postmarked by April 23 at the latest.
- One session is already full. Please check the fillable PDF registration form on the State Meeting page before registering. The form will be updated regularly as classes fill. Refunds of the class fee will be issued after State Meeting for anyone whose payment was received after a class reaches capacity.
- KEHA is once again utilizing a full conference or two-day registration pricing structure. Please know that it takes great expense to reserve the amount of meeting space and equipment required to host all that KEHA State Meeting offers. Registration is critical to cover those costs.

#### \* **Overnight Rooms**

- The KEHA group block rate at the Holiday Inn is \$126/night (1-2 people; scaled pricing for more people per room). This rate is available until April 6 or until the block is full. If you have reserved rooms you no longer need, please cancel those before April 6 so others can take advantage of the reduced group rate.
- Overflow hotel rooms are now available at Hilton Garden Inn across the street from the Holiday Inn and Convention Center. Information on the rate and a link for reservations is on the State Meeting website. Reservations must be made by April 19 to secure the special rate.

#### \* **Other Meeting Notes**

- Raising Hope will provide free health screenings Tuesday 9 a.m. to 3:30 p.m. and Wednesday 8 a.m. to 4 p.m.! Fasting may be recommended for more accurate results but is not required. Look for more information on location and in your program.
- Agenda highlights include the opening luncheon at 11:30 a.m. Tuesday, the business meeting at 10 a.m. on Wednesday, the general session featuring the choir at 5 p.m. Wednesday, and the awards luncheon at 11:30 a.m. Thursday. All times are Central time.
- Silent Auction: Each county is encouraged to bring an item for the silent auction. Proceeds will benefit the 4-H Foundation.
- Raffle Basket: Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the Ovarian Cancer Research and Screening Program. As always, thank you for your generosity and help in providing these items for the conference!
- Quilt Square Auction and Showcase: Members are invited to make a 12-inch finished quilt square for entry. Details are available in the KEHA State Newsletter. Proceeds will help offset the costs associated with KEHA State Meeting.
- Cultural Arts: Check-in will be from 8:30-11 a.m. Tuesday in five groups of areas. Checkout will be 4-5 p.m. Wednesday in two groups. Details are outlined in the KEHA State Newsletter.



## KEHA News & Notes cont....

- \* **Things to Bring** - The following are a few things you might want to bring to State Meeting:

- Bring your device (tablet or laptop) if you want help with social media. For the first time, we'll have a Tech Help Lounge open Tuesday and Wednesday during set hours to offer one-on-one help with social media accounts.

- Bring games or cards if you want to be social in the evenings. There will be some gathering spots open in the hotel lobby if you'd like to hang out with your new State Meeting friends!

- Bring donations you want to share, such as auction items or quilt squares.

- Bring cash or checks for those quilt squares, raffle, and auction items you might purchase!

- Bring a tote bag if you like. We have an exciting and different registration gift this year!

- Wear your black and white "checkered flag" racing colors for the opening luncheon to show your enthusiasm for the keynote speaker from the Corvette Museum.

- Bring a sweater, as venue temperatures can vary.

- \* **Master Farm Homemakers Guild Luncheon and Meeting** - Once again the MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. Again this year, there will be a separate registration for the MFHG luncheon and meeting. Members will receive details from the guild. The registration form is available on the State Meeting website.

- \* **Quilts for Courageous Kids** - The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is approximately 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point.

- \* **Nominate a Candidate for KEHA State Board** - A total of five positions will be elected by delegate vote at the State Meeting business meeting in May 2024. Credentials must be sent certified mail and postmarked by April 5, 2024. For more information as well as links to the forms, visit <https://keha.ca.uky.edu/2024-state-board-elections>.

## Dates to Remember

⇒April 1 - Area lesson schedules for 2024-25 due to KEHA State Advisor.

⇒April 5 - Postmark deadline for state officer and chair credentials.

⇒April 6 - Reservation deadline for conference rate at State Meeting hotel.

⇒April 9 - Postmark deadline for early registration fee (and T-shirt orders) for 2024 KEHA State Meeting.

⇒April 19 - Special rate ends on overflow rooms at Hilton Garden Inn.

⇒April 23 - Final postmark deadline for 2024 KEHA State Meeting registration.

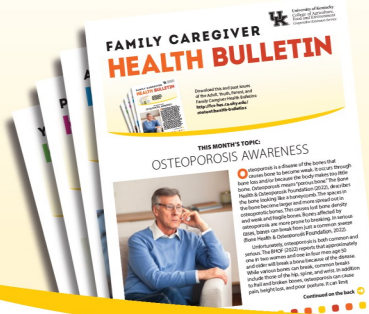
⇒May 7-9 - KEHA State Meeting in Bowling Green.

⇒May 15 - 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.



# FAMILY CAREGIVER

# HEALTH BULLETIN



**MARCH 2024**

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

# LEARN MORE ABOUT UK'S SANDERS-BROWN CENTER ON AGING



**T**he University of Kentucky's Sanders-Brown Center on Aging was established in 1979. The world-class center hosts a wide variety of laboratories and scientists dedicated to research, education, and outreach. It also provides clinical opportunities for people to learn more about and advance research in healthy brain aging and age-related neurodegenerative disorders, including Alzheimer's disease and related dementia.

In 1985, Sanders-Brown became one of the original 10 Alzheimer's disease research centers federally supported by the National Institute

**Continued on the next page** ➔



**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**

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Lexington, KY 40506



Disabilities accommodated with prior notification.



**To learn more about UK's Sanders-Brown Center on Aging, visit <https://medicine.uky.edu/centers/sbcoa> or call (859) 323-5550.**



**→ Continued from the previous page**

on Aging. Today the UK Alzheimer's Disease Research Center (UK ADRC) is one of the nation's leading centers on aging. In addition to its focus on the pathologic transition from brain health to cognitive impairment, the UK ADRC also provides clinical and neuropathological diagnoses, care of patients with cognitive impairment, and offers clinical trials so researchers can better understand disease processes and test new therapies. Scientists at the ADRC are often seeking volunteers to help them find ways to slow, prevent, and someday, cure Alzheimer's disease and related dementias.

Director Linda J. Van Eldik has served as director of Sanders-Brown since 2010. She was recently honored with an appointment to the National Advisory Council on Aging to work with notable leaders and researchers in the field. During her four-year term, Dr. Van Eldik is helping advise the director of the U.S. Department of Health and Human Services, the director of the National Institutes of Health, and the director of the National Institute on Aging. In Kentucky and across the country, Dr. Van Eldik helps champion aging research and initiatives that encourage the health and overall well-being of aging adults. In addition to Dr. Van Eldik's leadership, several Sanders-Brown Center on Aging researchers serve on national boards including the Alzheimer's Association and Alzheimer's Foundation of America, guiding the direction of future treatments.

To learn more about Sanders-Brown, the ADRC's core components, ongoing research, educational outreach, caregiver support, donor opportunities, and clinical trials in which you or a family member could participate, visit the Sanders-Brown website at <https://medicine.uky.edu/centers/sbcoa> or call Sanders-Brown Center on Aging at (859) 323-5550.

Be sure to also ask for information about the Sanders-Brown Annual Mind Matters Health Fair, the Mind Matters Sanders-Brown Publication on Aging, Family Caregiver Workshops, and the annual Markesbery Symposium on Aging and Dementia.

**SOURCE:**

April Staufer, Sanders-Brown Program Coordinator,  
Tel.: (859) 323-6316; Email: [alproc0@uky.edu](mailto:alproc0@uky.edu)

**REFERENCES:**

- UK Research. Feb. 2022. UK Sanders-Brown Center on Aging Director Appointed to National Council. Retrieved January 18, 2024 from <https://www.research.uky.edu/news/uk-sanders-brown-center-aging-director-appointed-national-council>
- UK Sanders-Brown Center on Aging Website. <https://medicine.uky.edu/centers/sbcoa>

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**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



CARLISLE COUNTY  
COMMUNITY

# Solar Eclipse Watch Party

**Monday, April 8th**

**12:00pm-3:00pm**

**--Totality approximately 1:58pm--**

**Carlisle County  
Cooperative Extension Office**

**BACKLAWN**

Bring your own CHAIR or BLANKET

Viewing glasses available - first come, first serve.

**Food Trucks      Bake Sale**  
**Inflatables**

CARLISLE COUNTY  
PROJECT  
GRADUATION  
C/O 2024 



**KENTUCKY**   
**COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES



# EMERGENCY INFO HEALTH ♥ CARDS



APRIL 9  
2 PM

HELP EMERGENCY  
WORKERS SERVE  
YOU BETTER WITH  
AN EHI CARD!

WITH

*Lois Pressgrove*



DOOR PRIZES + REFRESHMENTS

HEAR HOW THIS CARD CAN SAVE YOUR LIFE!

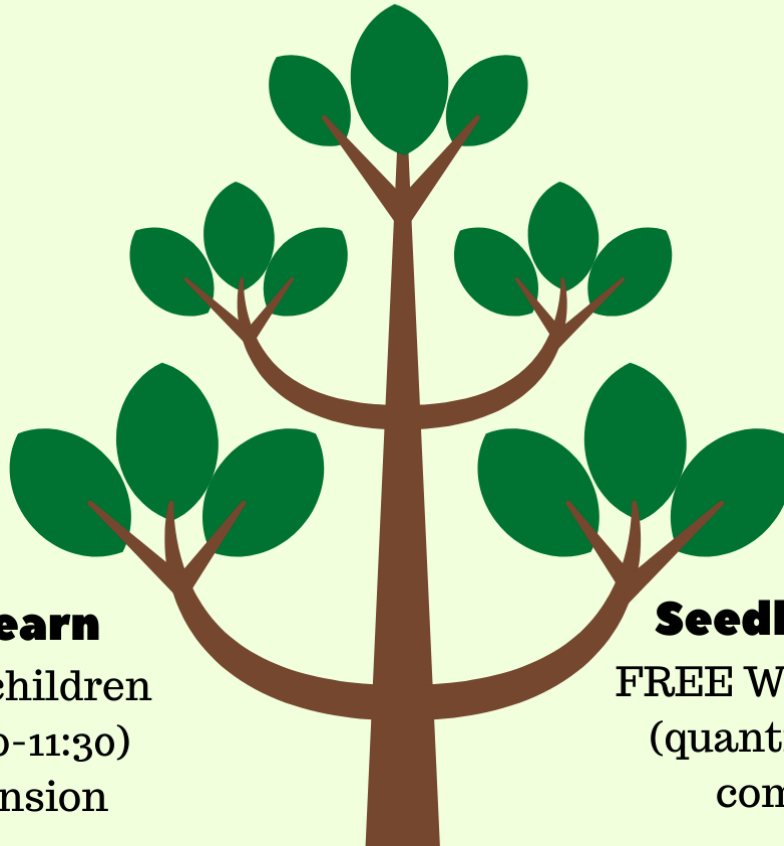
GRAVES COUNTY EXTENSION OFFICE

Carlisle County Extension Homemakers

# ARBOR DAY

## TREE PLANTING CELEBRATION

Carlisle County Extension Office  
65 John Roberts Drive, Bardwell, KY 42023



### Laugh & Learn

Activities for children  
ages 0-5 (10:00-11:30)  
by FCS Extension

### Seedling Giveaway!

FREE White Oak Seedlings  
(quantities limited: first  
come, first serve)

FRIDAY, APRIL 26TH  
10:00AM



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

Cooperative Extension Service  
Agriculture and Natural Resources  
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4-H Youth Development  
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LEXINGTON, KY 40546







# CARLISLE - HICKMAN RELAY FOR LIFE

## WHEN

April 27, 2024

Registration begins at 10:30 am

Poker Run - 12:00 pm - 3:00 pm

## WHERE

Indian Camp Campground

849 CR 1217, Arlington, KY 42021



**UNITED FOR  
A CURE**

**ATVS, UTVS, 4X4'S,  
AND JEEPS  
WELCOME  
\$10 A HAND**

**WIN PRIZES  
50/50 RAFFLE  
CONCESSIONS**

**1ST PRIZE - \$100  
2ND PRIZE - \$75  
3RD PRIZE - \$50**

**QUESTIONS:  
Call Kathy Gibson  
270-562-0177**



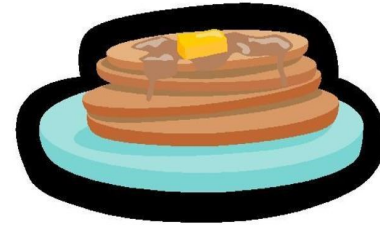
Bardwell Masonic Lodge

## PANCAKE BREAKFAST

7:00 a.m. – 10 a.m.

SATURDAY – MAY 4 2024

Support Relay for Life



\$7.00 all you can eat  
PANCAKES, SAUSAGE,  
BACON, FRENCH TOAST  
COFFEE, JUICE and MILK  
CARRYOUTS AVAILABLE



## SAVE-THE-DATE

Wednesday, May 15th

McCracken County Extension Office

# Spring Into Green: *Pride of Kentucky*



## PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Savor the Flavor: Seasoning with Spices				
<b>APR</b>	Mike Keller	3/26	3/25	3/27	3/29
<b>Lesson</b>	Strong Bones for Life: Prevent Osteoporosis				
<b>MAY</b>	Anna Morgan	5/1	4/30	5/2	5/3
<b>Lesson</b>	Radon: A Silent Killer				
<b>JUNE</b>	Mail Out				

**April. Savor the Flavor: Seasoning with Spices – Mike Keller**

Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking

**May. Strong Bones for Life: Prevent Osteoporosis – Anna Morgan**

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority.

**June. Radon: A Silent Killer (State Lesson)- Mail Out**

### Carlisle County Homemaker Club Meetings & Contacts

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

\* Night Owls —3rd Thursday 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



# HELPERS NEEDED!



Volunteer help needed for  
Box Lunch Fundraiser 4/12  
Arbor Day Celebration 4/26



facebook

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 Extension Homemakers

# BOX LUNCH Fundraiser

# \$10

- \* sandwich
- \* side
- \* dessert

Choice of  
Chicken Salad or Ham & Cheese  
on Croissant

## April 12, 2024

Pick up at the Carlisle County Extension Office.

**Preorder by Friday, April 5th**

Checks payable to: Carlisle County Homemakers  
Call for information 270-628-5458

Proceeds to benefit Homemaker FCS Scholarship Fund & Community Projects



**NEXT**  
**Carlisle County Homemakers**  
**Council Meeting**  
**Monday, March 4th**  
**4:30pm**



## Party Line Corner

Want reminders sent  
directly to your cell?

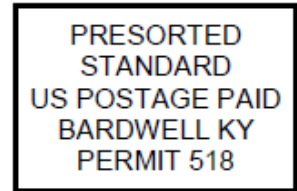
Join our REMIND group to be added to the  
Homemakers Message List! It's easy!  
Simply text @ccexthome to 81010.



**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*

