

Healthy ♥ Happy Homemakers

PURCHASE LESSON SCHEDULE 2024-2025

		Graves	Hickman	Marshall	McCracken
Lesson	How to get out of the Mealtime Rut				
SEPT	Denise Wooley	8/30	8/29	8/26	8/28
Lesson	Lead Your Team: Health Literacy for the Win!				
OCT	Brooke Hogancamp	10/1	10/2	9/30	10/3

2024-2025 Lesson Descriptions

September. Denise Wooley - How to Get Out of a Mealtime Rut

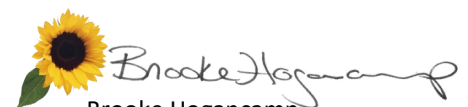
When you or a family member find out what is on the menu for dinner, is the typical response "Again?" If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

October. Brooke Hogancamp - Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

RSVP to the Lesson Hub you would like to attend and they will prepare your lesson/club materials.

Graves 270-247-2334
Hickman 270-653-2231
Marshall 270-527-3285
McCracken 270-554-9520



Brooke Hogancamp
Carlisle County Extension Agent
for Family & Consumer Sciences
University of Kentucky Cooperative Extension
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KEHA News and Notes–Kelly May, KEHA State Advisor



New KEHA Year Materials – July is the start of the new fiscal year for KEHA statewide. The revised editions of the KEHA Manual Handbook and Appendix are posted online. Also, theme-based officer training materials have been posted.

KEHA Manual Handbook and Appendix <https://keha.ca.uky.edu/content/keha-manual> The board voted to discontinue mailing printed copies. The website includes complete files for each section, tables of contents, and a PDF with only pages that were changed that can be printed as replacements.

Theme-based officer training materials <https://keha.ca.uky.edu/content/theme-materials> Materials use the “Blazing the Way” theme for 2024-2025 and include PowerPoint slides, facilitator’s guide, installation ceremony script, dates to remember handout, roll call and thought for the day, and more.

Board directory <https://keha.ca.uky.edu/content/state-board-directory> (Note: KEHA members needing board contact information should request the full directory from their county agent.)

Book List <https://keha.ca.uky.edu/content/keha-club-materials>

Coming soon! The state educational chairman pages should be updated by early August.

KEHA Reports Due Now – Summer is Kentucky Extension Homemaker Association (KEHA) reporting season! Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2023-2024 to cover the period from July 1, 2023, to June 30, 2024. Club-level reports were due July 1.

County-level reports are due by Aug. 15. The county tallies the club-level educational reports received in July and submits the totals online by Aug. 15, printing a copy to share with the area educational chairmen. The Qualtrics survey links are now available online! County Volunteer Service Unit (VSU) reports are due via paper forms to the area. **See** <https://keha.ca.uky.edu/content/impacts> **for details.**

Area VSU Reports are due Sept. 15 to the KEHA State Leadership Development Chairman.

2025 KEHA State Meeting Room Block Open Now – Next year’s KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

Present at 2025 State Meeting – Homemakers who wish to present at State Meeting are encouraged to submit a session proposal. The form is due Oct. 15 to First Vice President Ann Porter. Details are at <https://keha.ca.uky.edu/content/state-meeting-information>.

NVON Recap – Kentucky was well represented with 17 attendees. They enjoyed classes, speakers, and entertainment in Asheville, NC, from July 16-18, 2024. Kentucky had a tabletop display and the raffle basket brought in \$155. NVON announced the newest Project in Common: Mental Health Awareness and Mental Health Wellbeing, 2025-2027. For more information, visit <https://www.nvon.org/mental-health-awareness/>.

Dates to Remember

- Aug. 15 – Due date for county reports to be submitted, including both program of work reports (online) and volunteer service logs (paper form).
- Sept. 15 – Due date for Area VSU logs to be submitted to state chair for Leadership Development (Nancy Snouse).
- Oct. 13-19 – KEHA Week
- Oct. 15 – Deadline for submitting session proposals for the 2025 KEHA State Meeting.

CARLISLE COUNTY EXTENSION HOMEMAKERS

COUNTY ANNUAL NIGHT

**THURSDAY
AUGUST 29**

5:45pm Doors Open
6:00pm Meeting Begins

Registration \$12
-Deadline 8/26-

**GUEST SPEAKER
KIMBERLY MAILOUX**

“Functional
Exercise for
Independent
Living”



STYLE SHOW



CATERED MEAL

**MEMBERSHIP
AWARDS &
RECOGNITION**



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

Purchase Area Annual Day

Hosted by Calloway County Extension Homemakers

The Ties That Bind

September 10th, 2024

Registration: 9:30 am

Meeting: 10:00 am

Cost: \$14.00

Calloway Extension Meeting Hall

93 Extension Way

Murray, KY 42071

Located behind Scott's Grove


Baptist Church

**RSVP with
payment to your
local Extension
office by
August 28th**

**Purse Silent
Auction with
proceeds to
UK Ovarian
Cancer
Research**

Menu:

Ham, Chicken, Vegetables, Salad

 **Cooperative
Extension Service**



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4-H Youth Development
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LEXINGTON, KY 40546



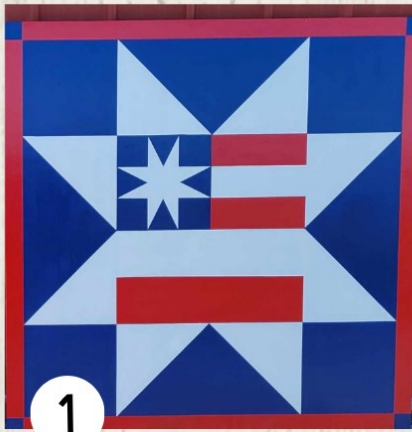
 Disabilities
accommodated
with prior notification.

Barn Quilt Paint Party

KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION

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

hosted by Liz's Barn Quilts &
Carlisle County Extension Service



1



2



3

Thursday, October 17

Carlisle County Extension Office
Community Room

9AM-3PM

Space is limited, call to register

270-628-5458

Sorry, No refunds on missed event - alternative arrangements will be available.

PLEASE BRING YOUR OWN: drink, hair dryer, and .94" Frog Tape

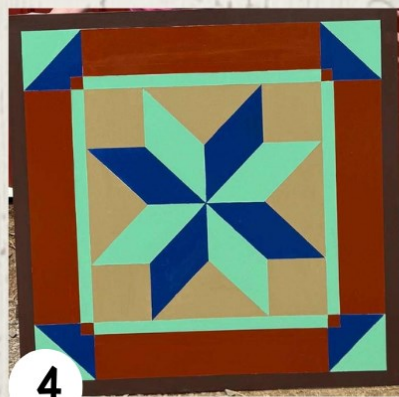
Outdoor Signs:

2x2= \$130, 3x3=\$190

Price Includes:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint (colors can be decided day of event)
- Lunch (please advise if you have special dietary needs)

Must be PAID IN FULL by September 17



4



5



6

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Lexington, KY 40506



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with prior notification.

Carlisle County Extension Homemakers

Holiday Foods Tasting Gala

**THURSDAY,
NOVEMBER 14, 2024**

Carlisle County Cooperative Extension Office Community Room

5:30pm Doors Open 6:30pm Tasting Begins

KEHA MEMBERS \$12

GENERAL PUBLIC \$15

Members only tickets available starting
August 29 at Carlisle County Annual
Meeting, members only until September
13th.

Tickets available to general public
September 16th.
Spaces are limited, no holds without purchase



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

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LEXINGTON, KY 40546



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

INVESTING BASICS: MAKING YOUR MONEY WORK FOR YOU

Investing your money wisely can help it grow over time. Like compost in a garden, investment products are tools to promote financial growth. Each product has unique value and risk. With higher risk comes the potential for higher reward (or loss). Before investing, be sure you understand the basics of each product.



TYPES OF INVESTMENT PRODUCTS

Your investment portfolio is a collection of the different financial investments you've made at any one time. A portfolio may contain a wide range of assets including real estate, art, or private and public investments. There are several types of investment products, but three common choices are stocks, bonds, and mutual funds.

- **Stocks** represent a fraction of a corporation's ownership. When you own stock, it entitles you to a percentage of the company's profits. Units of stock are called "shares." Stocks offer long-term potential for growth over time. However, stock prices can vary greatly and fluctuate with the market and economy.
- **Bonds** are one-time loans you make to the government or a company for a set period time. In exchange for your money, you receive interest payments. Bonds are generally viewed

as "safer" investments than stocks because they are less volatile, or subject to change. If the bonds are held to maturity, you may earn back the principal (i.e., the initial amount invested), plus any interest earned.

- **Mutual Funds** are professionally managed investment pools where companies invest combined money from investors into a variety of different securities like stocks and bonds. When you invest in a mutual fund, you receive income from its portfolio, or its combined holdings.

INVESTMENT CONSIDERATIONS

As you build an investment portfolio, there are different strategies you can use to generate wealth based on your personal preferences, financial situation, and willingness to take risk. There are four important considerations for investing: time, risk, diversification, and fees. Ask yourself four questions:



DO NOT INVEST MORE THAN YOU CAN AFFORD TO LOSE



- **Time.** *When do I want to invest?* Time is essential in investing. The longer you invest, the more time your money has to grow. Time also allows for fluctuations in the economy and financial market.
- **Risk.** *What amount of risk am I willing to take?* Most investments come with some risk. Consider your current financial situation and select an option that feels comfortable. Do not invest more than you can afford to lose.
- **Diversification.** *Are my investments diversified, or varied?* Diversifying your investments means spreading them out to help minimize risk. In other words, diversification is “not putting all your eggs in one basket.” If one investment doesn’t do as well as you hoped, you still have other investments to fall back on.
- **Fees.** *How much am I paying in investment fees?* Investments have fees, especially if you are paying someone else to manage investments for you. Always read all the fine print before investing and consider how fees affect your bottom dollar.

GETTING STARTED

To begin investing, think about your budget. How much money can you reasonably invest each

month after paying bills, contributing to your savings and retirement funds, etc.? Like savings accounts, investments can start small — especially while you learn to invest wisely. Also, consider how much time you can dedicate to managing your investments. Hiring a licensed professional may be a good option if you lack the knowledge or time to manage investments effectively.

You also can invest through a retirement fund. Whether through your employer or on your own, retirement funds can kickstart an investing journey. Some retirement funds allow you to manage how your money is invested. Others manage the investments for you. For more information on investing through retirement plans, visit <https://www.irs.gov/retirement-plans>.

Finally, when considering investment opportunities, always take time to learn. For a detailed guide on getting started with investing, visit <https://www.sec.gov/investor/pubs/sec-guide-to-savings-and-investing.pdf>. You also can contact the U.S. Securities and Exchange Commission (SEC) with questions at (800) SEC-0330 or at <https://www.investor.gov/>.

Contributing Student Authors: Brenden Bates and Miranda Bejda

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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ADULT

HEALTH BULLETIN



AUGUST

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

5 TIPS TO MANAGE ARTHRITIS



More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

1. See a doctor. If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

Continued on the next page 



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Disabilities accommodated with prior notification.

Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

→ Continued from the previous page

2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

5. Take an arthritis management class. Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



HELPERS NEEDED!



Educational Chairperson positions available on County Extension Homemaker Council!

Cooks needed for Holiday Foods Gala! Contact Brooke Hogancamp for more information.

Style Show models needed for County Annual. Contact Julie Draper for more information.

Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, scrubbing for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



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>



Kentucky Okra

SEASON: June through September

NUTRITION FACTS: Okra is a good source of Vitamin C, folic acid, and fiber. Fiber helps lower cholesterol which reduces the risk of heart disease.

SELECTION: Select small, crisp, tender pods, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull, dry appearance, contain coarse fibers, and are stringy when opened.

STORAGE: Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will only keep 2 to 3 days before it starts to deteriorate.

PREPARATION:

Wash okra pods before cooking. Cut off stem end, leaving small pods whole. Cut large pods in 1/2-inch slices.

Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock.

FREEZING:

The best method for long-term storage is freezing. Okra must be blanched before freezing to hold the flavor and quality. It will keep in the freezer for one year.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

July 2022

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



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University of Kentucky College of Agriculture, Food and Environmental Cooperative Extension Service

Carlisle County Homemakers Club Meetings & Contacts

* Thrifty Homemakers—1st Tuesday of the month

President Vickie Veatch

* Milburn Homemakers—3rd Monday of the month

President Jane Draper

* Night Owls —3rd Thursday of the month

President Amanda Spraggs

* Stitchin' Sisters—2nd Saturday of the month

President Lisa Dodson



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.

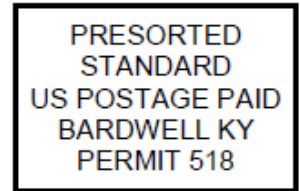
NEXT
Carlisle County Homemakers
Council Meeting
Monday, September 1st
4:30pm



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

