

Healthy ♥ Happy Homemakers

PURCHASE LESSON SCHEDULE 2024-2025

		Graves	Hickman	Marshall	McCracken
Lesson	Lead Your Team: Health Literacy for the Win!				
OCT	Brooke Hogancamp	10/1	10/2	9/30	10/3
Lesson	Communication Essentials for Good Impressions				
NOV	Sarah Drysdale	10/29	10/25	10/31	10/30

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.

November. Sarah Drysdale - Communication Essentials for Good Impressions

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

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
brooke.hogancamp@uky.edu



County Annual Night August 24, 2024



KEHA News and Notes–Kelly May, KEHA State Advisor



State Leadership Chair Vacancy – The KEHA Board is looking for a Leadership Development Educational Chair. Nancy Snouse has resigned effective Sept. 30; she is moving out of state to spend more time with family. The remainder of the term will be from Sept. 30, 2024, to June 30, 2026. Qualifications for the position can be found in the position description. Interested members should complete and submit the KEHA State Chairman Nomination Form. Credentials must be sent by certified mail to KEHA Secretary Wanda Atha, postmarked no later than Sept. 7.

Educational Chairman Webpages – The webpages for the eight state educational chairmen have all been updated with materials for planning the 2024-2025 KEHA program year.

YOU Could Speak at State Meeting! – The call for session proposals at the 2025 State Meeting is now online. Homemakers who have a topic to share are encouraged to submit a 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>.

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>.

2024 State Meeting Evaluation Results – About 38% of attendees completed evaluation forms and rated the conference very highly, indicating a wealth of knowledge they will take home to implement locally. On average, respondents rated the overall meeting as nearly an 8.5 on a 10-point scale. The vast majority of respondents enjoyed starting the event with a luncheon rather than a dinner and also enjoying having more free time in the evening. They noted free time allowed for rest after a full day or provided time to meet with others from the area, county, or new friends made at the event. Evaluations indicated they enjoyed educational sessions, officer and chairmanship trainings, craft sessions, cultural arts, and the chance to network with other homemakers and share new ideas. Homemakers noted the officer and chairman training sessions as particularly helpful. From the learning sessions, they enjoyed leadership skills, meeting guidance from the Robert’s Rules session, and food-related sessions such as the Lavender Lady, meatless Mediterranean, and best of brunch. Homemakers plan to implement locally the information they received about membership, volunteering, cultural arts, and time management. One attendee noted, “I enjoy it all – the biddings, the viewing of cultural arts, the meals and fellowship, sessions learning from the trainings, vendors – all together it works and keeps us on the go!” Another said, “I want to show my homemakers support. I want them to know that what they do is valuable to me and the county!”

KEHA Week Is Coming Soon – Now is the time to start planning for KEHA Week Oct. 13-19, 2024. Refreshed materials will be coming soon to the KEHA Week webpage. New materials will be based around a theme celebrating the Olympics and emphasizing homemaker teamwork and unity.

Dates to Remember

- Oct. 13-19 – KEHA Week in 2024
- Oct. 15 – Deadline for submitting session proposals for the 2025 KEHA State Meeting.
- October 31 – Due date to send Area KEHA Officer Directories to the KEHA President and State Advisor (Appendix pages 12-13)



Carlisle County Homemakers Paducah Arts & Heritage Road Trip Thursday, October 3rd



UNESCO CREATIVE CITY

9:00 AM Meet @ Cunningham

Community Center

9:30 AM Whitehaven Welcome Center

- Historic Mansion Tour

11:00 AM Barkley Regional Airport

- Arts & Heritage Tour

12:00 PM Hotel Metropolitan

- Lunch & Guided Tour

2:30 PM - Return to Cunningham



\$20.00/person

Must RSVP to attend, deadline 9/30

Participants responsible for own transportation

Contact the Carlisle County Extension Office

270-628-5458

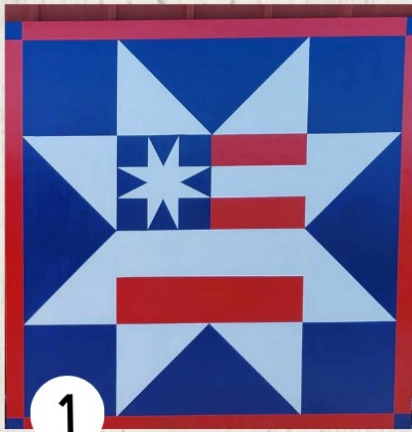


Barn Quilt Paint Party

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

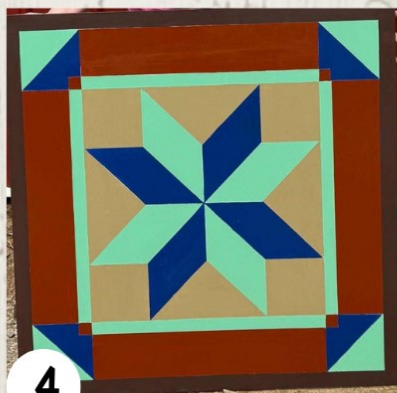
Outdoor Signs:

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

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
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.

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

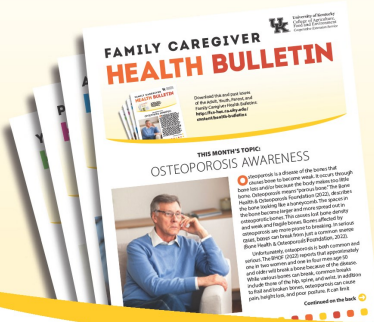


Disabilities
accommodated
with prior notificati



FAMILY CAREGIVER

HEALTH BULLETIN



SEPTEMBER 2024

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

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

THIS MONTH'S TOPIC

STEP INTO NATURE: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



While you may find autumn colors to be beautiful and crisp fall temperatures to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



 Disabilities accommodated with prior notification.

After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity.

→ Continued from the previous page

- **Happiness.** Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.
- **Stress relief.** Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.
- **Enhanced memory.** Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.
- **Nostalgia.** For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations, Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.
- **Awareness.** Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.
- **Physical activity.** After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and



sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

REFERENCES:

- Baldwin, M., Biernat, M., & Landau, M. J. (2015). Remembering the real me: Nostalgia offers a window to the intrinsic self. *Journal of personality and social psychology*, 108(1), 128–147. <https://doi.org/10.1037/a0038033>
- Cleveland Clinic. (2024). Serotonin. Retrieved June 11, 2024 from <https://my.clevelandclinic.org/health/articles/22572-serotonin>
- Dai H., Li C. How experiencing and anticipating temporal landmarks influence motivation. *Current Opinion in Psychology*. 2019;26:44-48. Published April 2019. DOI: 10.1016/j.copsyc.2018.04.012
- Forgas, J. P., Goldenberg, L., & Unkelbach, C. (2009). Can bad weather improve your memory? An unobtrusive field study of natural mood effects on real-life memory. *Journal of Experimental Social Psychology*, Volume 45, Issue 1, Pages 254-257.
- Sweet, J. (2023). Why We Love Fall So Much, According to Psychology. *VeryWellMind*. Retrieved June 11, 2024 from <https://www.verywellmind.com/the-psychological-reason-why-we-love-fall-so-much-5205863>
- Well.org. (2019). How the falling autumn leaves benefit our mind and body. Retrieved June 11, 2024 from <https://well.org/mindset/autumn-leaves-benefit>

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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

THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



Become a fan of *MONEYWISE* on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

HELPERS NEEDED!



Educational Chairperson positions available on County Extension Homemaker Council!
Housing, Energy & Environment
Leadership Development

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



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

October 18, 2024

Pick up at the Carlisle County Extension Office.

Preorder by Monday, Oct 14

Checks payable to: Carlisle County Homemakers

Call for information 270-628-5458

Proceeds to benefit Homemaker FCS Scholarship Fund & Community Projects



Carlisle County Homemaker Club

- * Thrifty Homemakers—1st Tuesday of the month
President Vickie Veatch
- * Night Owls—3rd Thursday of the month
President Amanda Spraggs
- * Milburn Homemakers—3rd Monday of the month
President Jane Draper
- * Stitchin' Sisters—2nd Saturday of the month
President Lisa Dodson

NEXT
Carlisle County Homemakers
Council Meeting
Monday, November 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!



Cooperative Extension Service

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

College of Agriculture,
Food and Environment
Cooperative Extension Service

PRESORTED
STANDARD
US POSTAGE PAID
BARDWELL KY
PERMIT 518

RETURN SERVICE REQUESTED

**Healthy Homes.
Healthy Families.
Healthy Communities.**



It starts with us

