

Healthy ♥ Happy Homemakers

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



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



Its DUES time!!

County Homemaker Dues are \$10.00

You can pay at the Carlisle County Extension Office by cash or check to Carlisle County Extension Homemakers.

Stop by: 65 John Roberts Drive, Bardwell
Or Mail: PO BOX 518, Bardwell, KY 42023

Happy KEHA Week!



Brooke HoganCamp
Brooke HoganCamp

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

KEHA NEWS & NOTES

Celebrate KEHA Week – The tagline for this year’s celebration, from Oct. 8-14, 2023, is “Plant a seed – Help us grow.” Find materials online on the KEHA Week webpage at <https://keha.ca.uky.edu/celebrate-keha-week>. The online digital resource kit includes a planning worksheet, sample proclamation, milestone journal, membership gift certificate, social media graphics, and more. It’s also a great time to start your county membership drive and dues collection. Counties are encouraged to have a dues deadline no later than Dec. 1. The remittance form can be found in the [KEHA Manual Appendix](#) on page 16.



Consider Presenting at the 2024 State Meeting – Do you know something that would be useful for other homemakers to know? Now is your chance to share! KEHA members are encouraged to share their knowledge by presenting a learning session. The form is due Oct. 15 to First Vice President Ann Porter. The form is on the State Meeting webpage at <https://keha.ca.uky.edu/content/state-meeting-information>.

2024 State Meeting – Mark your calendars! The next KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is “Blazing the Way with KEHA.” Fort Harrod Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$126/night (1-2 people; scaled pricing for more people per room). Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

Nominations Sought for Kentucky Master Farm Homemakers Guild – The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. A person recognized as a Kentucky Master Farm Homemaker:

- Is a member in good standing of the Kentucky Extension Homemakers Association and has been a member at least three years (mailbox members are eligible);
- Is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
- Derives a percentage of the family income from the farm operation;
- Is knowledgeable and supportive of the Cooperative Extension Service;
- Gives unselfish service to her family, community, state, and nation; and
- Is nominated from the club, county and/or district where KEHA membership is held.

The County Info Sheet and details regarding the new member selection process are available on the [Master Farm Homemakers Guild web page](#). County nominees should **complete and submit the County Information form by Nov. 15.**

Dates to Remember

- Oct. 8-14 – KEHA Week with the theme of “Plant a seed – Help us grow.”
- Oct. 15 – Deadline for submitting session proposals for the 2024 [KEHA State Meeting](#).
- Oct. 31 – Due date to send Area KEHA Officer Directories to the KEHA President and State Advisor. Use directory form found in the [KEHA Manual Appendix](#) pages 12-13.
- Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
Lesson	Cosmetics and Skin Care				
SEPT	Sarah Drysdale	8/30	8/29	9/1	8/31
Lesson	Planning Thrifty and Healthy Holiday Meals				
OCT	Kelly Alsip	9/26	9/27	9/28	9/29
Lesson	Self-Care and Self-Pampering				
NOV	Brooke Hogancamp	10/25	10/24	10/27	10/26
Lesson	Time Well Spent: Organizing Tips for Increased Productivity				
JAN	Denise Wooley	12/1	11/28	11/29	11/30
Lesson	Elements and Principles of Art				
FEB	Vicki Wynn	1/30	1/29	2/1	1/31
Lesson	Handy to Have: Emergency Health Information Cards				
MAR	Debbie Hixon	2/26	2/27	2/28	2/29
Lesson	Savor the Flavor: Seasoning with Spices				
APR	Mike Keller	3/26	3/25	3/27	3/29
Lesson	Strong Bones for Life: Prevent Osteoporosis				
MAY	Anna Morgan	5/1	4/30	5/2	5/3
Lesson	Radon: A Silent Killer				
JUNE	Mail Out				



2023-2024 Lesson Descriptions

September. *Cosmetics and Skin Care*– Sarah Drysdale

Cosmetics and skin care is a multi-billion-dollar business industry. There are products that claim they will clean, smooth, tighten, lighten, and moisturize. Along with products to reduce acne, aging, swelling, itchy and chapped skin. There is a product for just about everything. How do we know what is best for our skin? We will explore the world of cosmetics and skin as we discuss cosmetic application and methods, techniques, and basic skin care concerns.

October. *Planning Thrifty and Healthy Holiday Meals*- Kelly Alsip

Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

November. *Self Care and Self-Pampering*- Brooke Hogancamp

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you.

January. *Time Well Spent: Organizing Tips for Increased Productivity* – Denise Wooley

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace

February. *Elements and Principles of Art* – Vicki Wynn

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional "work of art" visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects.

March. *Handy to Have: Emergency Health Information Cards* – Debbie Hixon

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card.

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 Extension Homemakers



HOLIDAY FOODS TASTING GALA

Thursday, November 2, 2023

Carlisle County Cooperative Extension Office Community Room

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

HOMEMAKER MEMBERS \$12

GENERAL PUBLIC \$15

Members only tickets available until September 14th,
tickets available to general public September 15th.





Area Annual Meeting @ Ballard County on September 19th

Purchase Area Extension Home-makers Area Annual Meeting in Ballard County "Road Trip Through the Purchase"

Congratulations to Ruth Dietsch and Julie Hook for their honor of being selected as Area Homemaker Officers!

Congratulations Julie, Area Vice President and Ruth, Area Secretary! We are proud of you and appreciate all you do!

Pictured below, new officer installation at Area Annual Meeting in Ballard County



In loving memory of our
Carlisle County Homemaker
Sisters lost in 2022:

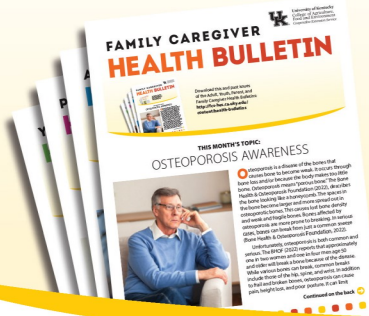
Jill Brechbill

Joanne Ellegood



FAMILY CAREGIVER

HEALTH BULLETIN



OCTOBER 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:

DRIVING WHILE AGING IS A COMMUNITY EXPERIENCE IN KENTUCKY



Deciding when it is time to stop driving can be an extremely difficult and emotional time in your life. The independence to navigate your vehicle freely and safely has suddenly come into question. You might realize this on your own, after concern from family members, or concern from authorities. If you or a loved one has vision loss, is showing signs of dementia or Alzheimer's Disease, or is simply aging, there is help in Kentucky.

The University of Kentucky Human Development Institute's Driver Rehabilitation Program was established in 2000. It specializes in helping folks decide whether it is safe to continue driving. It can also help you get back behind the wheel safely and with confidence.

Continued on the next page 



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

→ Continued from the previous page

Here are some warning signs that you or a family member might need the Driver Rehabilitation Program:

- Trouble interpreting or observing traffic signs, signals, and other traffic
- Slow or poor decisions behind the wheel
- Needs help or instructions from passengers
- Often gets lost, even in familiar areas
- Drives too fast or too slowly
- Accidents or near misses
- Poor road position or wide turns
- Difficulty driving at night

If you or someone you know has any of the above warning signs, they may need a Driver Rehabilitation Evaluation. A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

What does a driver rehabilitation evaluation involve?

The Driver Evaluation has two sections: the Clinical Component and the Behind the Wheel Component.

The clinical component

A CDRS with specialized training in evaluating driving skills administers the clinical component. This portion tests your visual and perceptual skills, ability to follow written and verbal directions, judgment, upper and lower extremity strength, and reaction time.

The behind the wheel evaluation

A driver rehabilitation specialist also gives this portion of the evaluation. It is an evaluation of your actual driving skills in different traffic conditions. A CDRS will take you driving in a vehicle with an instructor brake so the specialist can control the vehicle if necessary. These specialists work with people of all ages and abilities by exploring driving solutions for drivers with special needs.



Resources

To apply for Driver Rehabilitation Evaluation and Training in Kentucky, please contact the following programs:

Note: Costs for these services can vary. Please directly contact each program.

Lexington:

- University of Kentucky Medical Center, Driving Rehabilitation Program: (859) 218-7980

Louisville:

- Frazier Rehab Institute: (502) 429-8640
- Norton Heath Center: (502) 629-2501
- Drivabilities: (502) 893-0050

Thelma:

- Carl D. Perkins Vocational Training Center: (606) 788-6656

REFERENCE:

The Association of Driver Rehabilitation Specialists (ADED)
<https://www.aded.net/search/newsearch.asp>.

FAMILY CAREGIVER HEALTH BULLETIN

Written by:

Michele Coffey, OT/L, CDRS and Maryfrances Gross, COTA, CDRS, in coordination with Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: 123RF.com





Carlisle County Annual Night





HELPERS NEEDED!



- Submit a recipe for the Holiday Foods Gala!

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

-**THANK YOU FOR THE DESSERTS!**

A huge thank you for the fabulous desserts served at the Burkely Fish Fry & Box Lunch Fundraiser:

- * Sue Ray
- * Reba Scott
- * Betty Grogan
- * Julie Hook
- * Glenda Jones
- * Janet Payne
- * Peggy Rexroat
- * Emmie Garnett
- * Edwina Turner
- * Carolyn Hook
- * Ruth Dietsch
- * Kathy Delong



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>



FAMILY AND CONSUMER SCIENCES



WHAT CAN
Extension
DO FOR
YOU?



Brooke Hogancamp
Carlisle County FCS
270-628-5458
brooke.hogancamp@uky.edu

Carlisle County Homemakers Council Meeting

Monday, November 13th
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

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**Healthy Homes.
Healthy Families.**



It starts with us

