

# Healthy ♥ Happy Homemakers

Carlisle County Participants:  
 Julie Draper, Kathy DeLong,  
 Ruth Dietsch, and Julie Hook

2023 KEHA State Meeting  
 May 9-11 @ Louisville KY



The Art of  
 Charcuterie  
 with Julie Hook at  
 KEHA State  
 Meeting

## Annual Reports are Due!!

Please turn in ALL annual reports and Volunteer Service Hours ASAP. New VSU Calendar Books will be available at the Carlisle County Extension Office.



## 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



  
 Brooke Hogan  
 Carlisle County Extension Agent  
 for Family & Consumer Sciences  
 University of Kentucky Cooperative Extension  
[brooke.hogancamp@uky.edu](mailto:brooke.hogancamp@uky.edu)

## KEHA NEWS & NOTES

**Welcome New KEHA Officers** - Welcome to the six newly elected KEHA state officers and chairmen who will serve three-year terms beginning July 1, 2023.

1st Vice President: Ann Porter, Mason County

Treasurer: Patsy Kinman, Grant County

Leadership Development Chair: Nancy Snouse, Greenup County

Environment Housing and Energy Chair: Rhonella Chaffin, Lawrence County

Food Nutrition and Health Chair: Esther Bailey, Lincoln County

Marketing and Publicity Chair: Sharon Fields, Greenup County



**State Meeting Recap** - Thank you to everyone for a successful state meeting! It takes every area across the state fulfilling their assignments to make this meeting happen. Here are a few highlights from our week:

Total attendance was more than 430. There were 95 first-time attendees.

Voting delegate packets are available on the state meeting webpage. There were no bylaws changes this year.

Cultural arts judging results are available on the state meeting webpage.

More than \$6,600 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction.

KEHA presented a check for more than \$40,000 to the UK Ovarian Cancer Research and Screening Program.

At least 15 counties donated more than 60 twin-sized bed quilts to the Center for Courageous Kids in Scottsville.

Additional state meeting details are included in a feature story on the KEHA website.

State Meeting Evaluations Summary - About 47% 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 an 8 on a 10-point scale. The 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 learned a lot from sessions such as emergency health information cards, edible plants, herbalicious cooking, who we are versus how people see us, and weather and climate. One attendee noted, "The officer and educational chairman workshops were extremely informative. They provided lots of great resources." Many resources will be shared in home counties, particularly information from sessions and crafts, Volunteer Service Unit information, and ideas for growing membership.

**Save the Date for 2024 State Meeting** - Next year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Watch for details coming soon! ( News & Notes cont.... )

### 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

# PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Cosmetics and Skin Care				
<b>SEPT</b>	Sarah Drysdale	8/30	8/29	9/1	8/31
<b>Lesson</b>	Planning Thrifty and Healthy Holiday Meals				
<b>OCT</b>	Kelly Alsip	9/26	9/27	9/28	9/29
<b>Lesson</b>	Self-Care and Self-Pampering				
<b>NOV</b>	Brooke Hogancamp	10/25	10/24	10/27	10/26
<b>Lesson</b>	Time Well Spent: Organizing Tips for Increased Productivity				
<b>JAN</b>	Denise Wooley	12/1	11/28	11/29	11/30
<b>Lesson</b>	Elements and Principles of Art				
<b>FEB</b>	Vicki Wynn	1/30	1/29	2/1	1/31
<b>Lesson</b>	Handy to Have: Emergency Health Information Cards				
<b>MAR</b>	Debbie Hixon	2/26	2/27	2/28	2/29
<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				





## 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

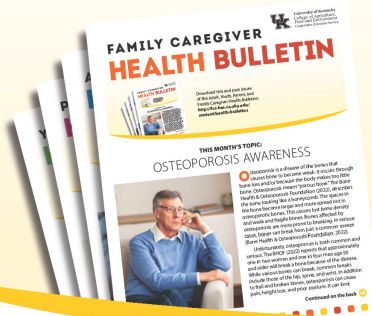
### **May. *Strong Bones for Life: Prevent Osteoporosis* – Anna Morgan**

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**

# FAMILY CAREGIVER

# HEALTH BULLETIN



**JUNE 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:

# EMOTIONAL HEALTH: SEEKING THERAPY FOR OLDER ADULTS



**E**xperiencing anxiety and depression related to life changes and transitions associated with aging can be heartbreaking for many older adults and their family members. If such issues have you or a loved one feeling down for an extended period, there may be something more serious going on. Taking care of emotional health is important. When ignored or left untreated, poor mental health can lead to confusion, decreased concentration, cognitive and physical decline, heart disease, issues with sleep and nutrition, noncompliance with medications, increased risk of infection, and increased risk of suicide.

**Continued on the next page** ➔



# **Depression and anxiety are not a normal part of aging. Mental health services can enhance life quality and independence.**

## **→ Continued from the previous page**

According to Matthia Kelley, a registered nurse and director of Senior Life Solutions at Bluegrass Community Hospital, risk factors for being emotionally frail include:

- Physical limitations
- Social isolation
- Fear of leaving home
- Traumatic events
- Loss of loved ones
- Family stress
- Chronic health issues
- Lacking self-worth and/or purpose
- Feeling hopeless
- Anxiety
- Feeling sad or blue for more than two weeks
- Changes in appetite
- Loss of energy
- Adjusting to a new environment
- Feeling fearful
- Loss of independence
- Difficulty sleeping
- Loss of interest in activities you normally enjoy

According to the American Psychological Association, acknowledging and addressing mental health issues can enhance overall health and well-being. Accessing mental health services can lower the number of doctor visits, medical procedures, and medication use.

Therapy services specific to older adults are provided in a variety of settings including health-care facilities, community-based organizations, long-term care facilities, hospice, private practice, and telehealth. Therapists may work independently or as part of a team to be sure the most comprehensive care is provided.

If encouraging a loved one to seek therapy, Kelley reminds family members to be patient, non-judgmental, and supportive. It is important to let a struggling family member know that you recognize their struggles and that you care. To discuss therapy with a loved one, Kelley has the following recommendations:



- Pick a private place.
- Choose a time that your family member might be more receptive to talking.
- Listen to your family member.
- Understand potential fear and/or resistance.
- Recognize that you cannot force someone to go to therapy.

Most older adults experience positive emotional well-being and mental health. But it is an important reminder that depression and anxiety are not a normal part of aging. Accessing mental health services can enhance life quality and independence.

### **REFERENCES:**

- American Psychological Association. (2023). Psychology and Aging. Retrieved 4/14/23 from <https://www.apa.org/pi/aging/resources/guides/psychology-and-aging>
- Matthia, K. (2023, March). Emotional Health. Presentation for the Lexington, Kentucky Aging Consortium. Matthia Kelley, BSN, RN, Program Director Senior Life Solutions at Bluegrass Community Hospital.

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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:**  
123RF.com







Carlisle County Extension Homemakers

# BOX LUNCH Fundraiser

# \$10

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

Choice of  
Chicken Salad or Ham & Cheese  
on Croissant



## August 25, 2023

Pick up at the Carlisle County Extension Office.

Preorder by Friday, August 18th

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

Proceeds to benefit Homemaker FCS Scholarship Fund & Community Projects



Carlisle County  
Extension Homemakers

## COUNTY ANNUAL NIGHT

### SAVE-THE-DATE

## SEPTEMBER 7TH 2023



## HOLIDAY FOODS TASTING GALA

Thursday, November 2, 2023

SAVE THE DATE

# Save the Date

PURCHASE AREA ANNUAL DAY

Road Trip Thru the Purchase

September 19th, 2023

LaCenter First Baptist Church

10:00 AM

Hosted by the Ballard County Homemakers





**Reports Are Due for Individuals and Clubs** – Visit the Reports webpage for a detailed process timeline and links to fillable forms. Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2022-2023 to cover the period from July 1, 2022, to June 30, 2023.

July 1 – CLUB-level reports are due. Program of work reports for the eight educational chairmanships are due to the county educational chairmen or designated officers. Volunteer Service Unit (VSU) logs are due to the county.

August 15 – COUNTY-level reports are due. The county tallies the club-level reports received in July and submits the totals online by Aug. 15, printing a copy to share with the area educational chairmen.

Online forms will be coming soon. County VSU reports are due via paper forms. See <https://keha.ca.uky.edu/content/impacts> for details and to access the county reporting links beginning in July.

September 15 – AREA-level reports are due. Area VSU Reports are due to the KEHA State Leadership Development Chairman.

One way to make preparing reports more fun is to host a “reporting party.” Clubs and/or county organizations can choose to set a date to meet and gather all reports at one time. Stations can be set up for each point person to gather information for each type of report due. Snacks and a party theme may make the event enjoyable.

**Coming Soon! Updates to KEHA Manual** – The process of updating the KEHA Manual Handbook and Appendix is moving forward. The updated pages will post to the KEHA website after July 1.

**Coming Soon! 2023-2024 Theme-Based Officer Training Materials** – KEHA officer training materials specific to the 2023-2024 KEHA year and connected to the theme “Let’s Take a Hike with KEHA” are in final review. The resource materials will post to the KEHA website after July 1. Materials include a PowerPoint presentation, facilitator’s guide, installation ceremony, dates to remember handout, evaluation, and other resources. Please review and use these materials as best fits with your county and/or area officer training sessions. The new theme-based installation was debuted with the state board during the awards luncheon of the State Meeting.

**Book List Now Available** – The annual Book List for 2023-2024 is now available on the KEHA Club Materials webpage.

**Cultural Arts Contest Winners** – The 2023 KEHA state cultural arts exhibit and competition was held at the 89th KEHA State Meeting in Louisville, Ky. KEHA members from across the state were recognized for their outstanding and beautiful exhibits. Lists of all blue and purple ribbon winners are available on the KEHA Cultural Arts Chairman web page. Also linked on that page are the 2023 Creative Writing Contest winners.

**Choir Accepting New Members** – Congratulations to the members of the KEHA Choir for an outstanding performance at the KEHA State Meeting. Choir Director Wendy Hood wrote lyrics to a special song to honor the FCS Extension Agents. KEHA members interested in joining the choir should contact Choir Director Wendy Hood, Fort Harrod Area President, at 859-613-2575 or [wendy7hood@icloud.com](mailto:wendy7hood@icloud.com).

**National Volunteer Outreach Network (NVON) Conference** – The 24th annual NVON Conference will be July 18-20, 2023, in Parkersburg, West Virginia. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>.

### **Dates to Remember**

July 1 – Due date for club reports to be submitted to the county (paper forms). This includes both program of work reports and volunteer service logs.

July 18-20 – NVON Conference in Parkersburg, W.V.

Aug. 15 – Due date for county reports to be submitted, including both program of work reports and volunteer service logs.

Sept. 15 – Due date for Area VSU logs to be submitted to state chair for Leadership Development.

# LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



Bingo + Exercise = Bingocize®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

COME JOIN THE FUN!

We meet every week!

WHEN:

July 25-September 28  
Tuesdays & Thursdays

WHERE:

Carlisle County Senior  
Citizen's Center  
261 Front Street, Bardwell KY 42023

TIME:

10:00am-11:30am



# HELPERS NEEDED!



-DESSERTS NEEDED for Box Lunch Fund-raiser! COOKIES AND BARS that can be easily portioned and boxed. Bring to Extension Office on Thursday, August 24th.

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

-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!

-4-H Club Leaders Needed:

- \*Photography
- \*Cooking
- \*Baking

Share your interests and skills with kids!



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>



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

**FAMILY AND CONSUMER SCIENCES**



**WHAT CAN**  
*Extension*  
**DO FOR**  
**YOU?**



Brooke Hogancamp  
Carlisle County FCS  
270-628-5458  
[brooke.hogancamp@uky.edu](mailto:brooke.hogancamp@uky.edu)

**Carlisle County Homemakers  
Council Meeting**  
**Monday, July 10th**  
**4:30pm**  
**Monday, September 11th**  
**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.

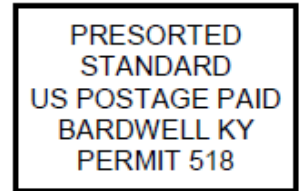




**Cooperative Extension Service**

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

College of Agriculture,  
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Cooperative Extension Service



RETURN SERVICE REQUESTED

**Healthy Homes.  
Healthy Families.**



*It starts with us*

