

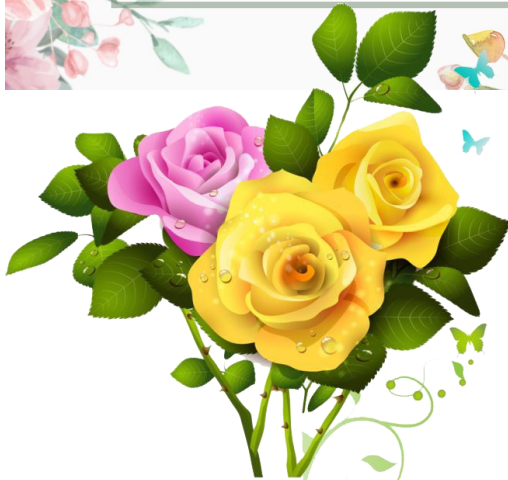
Healthy ♥ Happy Homemakers



In Loving Memory



Linda M. Geiser
March 26, 1951–March 27, 2024



Brooke Hogancamp

Brooke Hogancamp
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PURCHASE LESSON SCHEDULE 2024-2025

		Graves	Hickman		Marshall	McCracken
Lesson	How to get out of the Mealttime Rut					
SEPT	Denise Wooley	8/30	8/29		8/26	8/28
Lesson	Lead Your Team: Health Literacy for the Win!					
OCT	Brooke Hogancamp	9/26	10/2		9/30	9/25
Lesson	Communication Essentials for Good Impressions					
NOV	Sarah Drysdale	10/29	10/25		10/31	10/30
Lesson	Elements & Principles of Art II					
JAN	Vicki Wynn	12/4	12/3		12/5	12/12
Lesson	Move Your Way: Exercise for Everyone					
FEB	Kelly Alsip	1/29	1/31		1/28	1/30
Lesson	Indoor Air Quality					
MAR	Mike Keller	2/26	2/24		2/27	2/28
Lesson	Gardening Safely					
APR	Debra Hixon	3/25	3/27		3/26	3/28
Lesson	Healthy Eating Around the World					
MAY	Anna Morgan	4/30	4/29		5/1	5/2
Lesson	Carbon Monoxide					
JUNE	Mailout					

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.

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.

January. Vicki Wynn - Elements & Principles of Art II

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. This lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. *This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.*

February. Kelly Alsip - Move Your Way: Exercise for Everyone

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

March. Mike Keller - Indoor Air Quality

What do you think of when you hear the term "air quality"? Many may think of outdoor air pollution such as vehicle exhaust, smog, and smoke but what about indoor air quality? Have you considered what contributes to indoor air quality? This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement. *This lesson is part of the Environment, Housing and Energy Program of Work for 2022-2024.*

PURCHASE LESSON SCHEDULE 2024-2025

April. Debra Hixon - Gardening Safely

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

May. Anna Morgan - Healthy Eating Around the World

We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. *This lesson is part of the International Program of Work for 2022-2025.*

June. Mailout - Carbon Monoxide

Carbon monoxide (CO) is a poisonous gas that can't be smelled or seen. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us. *This lesson is part of the Environment, Housing and Energy Program of Work for 2022-2024.*



KEHA NEWS & NOTES

April 2024 News and Notes–Kelly May, KEHA State Advisor

Membership Tenure Recognition – County FCS agents have access to KEHA Membership Tenure Milestone certificates online that can be printed in color on ivory cardstock as needed.

National Volunteer Outreach Network (NVON) Conference – The 25th annual NVON Conference will be July 16-18, 2024, in Ashville, N.C. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>. Hotel and registration deadline is June 15.

Dates to Remember

- May 7-9 - KEHA State Meeting in Bowling Green.
- May 15 - 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.
- June 15 - Postmark deadline for NVON Conference registration.
- July 16-18 - NVON Conference in Ashville, N.C.



MONEYWISE

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APRIL 2024

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

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" model may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

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

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FAMILY CAREGIVER

HEALTH BULLETIN



APRIL 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

SUPPORTING BRAIN HEALTH



If you are a caregiver for someone with Alzheimer's disease, you are not alone. According to the Alzheimer's Association, more than 157,000 family caregivers provide an estimated 302 million hours of unpaid care to help preserve the health, safety, and dignity of more than 75,000 older adults living with the condition. Alzheimer's disease gets worse over time because of a build-up of plaques and tangles of proteins in the brain. Over time, these plaques and tangles destroy the healthy connections between nerve cells in the brain and the ability for the cells to properly function, thereby impacting memory, thinking, and other cognitive abilities. Eventually, a person with Alzheimer's disease may not be able to carry out activities of daily living. As a result, dementia caregiving can be stressful, expensive, and overwhelming. Many caregivers face limited resources and lack of training. Here's how caregivers can support brain connection through everyday engagement.

Continued on the next page



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Lexington, KY 40506



Disabilities accommodated with prior notification.

Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.

→ Continued from the previous page

The brain has billions of nerve cells, called neurons, that process and transmit information. According to the National Institutes of Health (2024), these cells communicate with different parts of the brain and the rest of the body to function. Alzheimer's disease disrupts a neuron's ability to communicate to its neighboring cells. When neurons stop communicating properly, they die. To stay healthy, the NIH explains that neurons need constant communication with their neighboring cells, and they need proper energy in the form of oxygen and nutrients, which is supplied by the blood. A neuron's survival is also based on its ability to maintain, repair, and remodel itself. This means that the adult brain has the ability to generate new neurons and build new connections, a process called neurogenesis, depending on how much or little stimulation it is receiving from other cells.

As a caregiver, you can help protect both your brain and the brain of someone to whom you provide care. Here are some ways that you can promote brain health and support brain connections through everyday engagement:

- **Sensory stimulation:** Neurons are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. Environments should include a variety of textures, sounds, smells, and tastes. Consider planting a garden, swinging on a porch swing, feeding the ducks, or playing music.
- **Physical exercise:** Combine physical activity with fresh air and sunshine to elevate the senses. The Centers for Disease Control and Prevention recommends 150 minutes of exercise per week. Think about ways you can move more and sit less. You could dance in your kitchen, rock in a rocking chair, wash the car, skip rocks, or window shop.
- **Social engagement:** Interact with people. Talk, sing, touch, and watch people. Take drives with the windows down. Play with children and pets. Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.

- **Cognitive challenges:** Stimulate thinking by staying engaged and participating in activities. Challenge your brain just enough to make it hard, but not so hard you feel frustrated.
- **Eat healthy:** Diets good for your heart are also good for your brain. Heart-healthy diets include Mediterranean foods, low sodium, whole grains, healthy fats, and lean meats and fish.
- **Sleep:** Good sleep helps restore and cleanse the brain of toxins. You should get 7 to 9 hours a night.

Research study

For information on a voluntary University of Kentucky research study for caregivers of adults with memory loss and dementia living at home in Kentucky that include these points on brain health, scan the QR code or visit:

<https://www.ccts.uky.edu/participate-research/current-studies/are-you-caring-someone-dementia-0>



SOURCES:

- Elizabeth Rhodus, PhD, University of Kentucky Sander Brown Center on Aging
- Amy F. Kostelic, PhD, associate Extension professor for adult development and aging

REFERENCES:

- CDC. (2023). How much physical activity do older adults need? https://www.cdc.gov/physicalactivity/basics/older_adults
- E. Rhodus. (2024). OLLI Donovan Forum presentation. February 15, 2024. Lexington, KY
- NIH. (2024). What Happens to the Brain in Alzheimer's Disease?. <https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/what-happens-brain-alzheimers-disease>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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Stock images:
Adobe Stock



To Plant a GARDEN

is to HOPE

for the

FUTURE



THE CRAZY PLANT LADIES PLANT SALE

▲ MAY 04, 2024 9:00 AM – 12:00 PM
DOWNTOWN MILBURN, KY

Plants and t-shirts available to purchase.
Plant prices vary. T-shirts \$20. Bake Sale!

Proceeds benefit the Carlisle/Hickman Relay for Life

In memory of Jackie Ballard



Purchase Area FCS Agents present...

SPRING INTO GREEN: PRIDE OF KENTUCKY

featuring..



Dara Hayden

LaToya Drake

Chuck Collins

Session Topics

Local Flowers - Local Honey Plate it up!--Kentucky Proud

Register at your local
Extension Office
by May 8.
\$15 registration
includes catered
lunch from
Artisan Kitchen.

May 15, 2024
9:30-1:45
McCracken Co.
Extension Office
2025 New Holt Rd.
Paducah KY 42001

- Educational Resources
- New Ideas
- Catered Lunch
- Door Prizes
- Lots of Fun!

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HELPERS NEEDED!



4-H Day Camp Leaders & Helpers

Share your skills & talents with Carlisle County Youth!
Dates Available in June & July

Contact Brooke Hogancamp or Cole Bell at the Carlisle County Extension Office 270-628-5458



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>



Scrumptious Strawberry Salad

<p>5 cups spinach ½ large cabbage head, chopped 1 cup golden raisins 1 cup halved red grapes 1 pint sliced strawberries ½ small red onion, sliced ½ cup toasted and chopped pecans (optional)</p>	<p>Dressing ¾ cup plain non-fat Greek yogurt or plain regular yogurt 3 tablespoons honey 6 tablespoons apple cider vinegar</p>	<p>3 tablespoons olive oil ½ teaspoon Dijon mustard 1 teaspoon poppy seeds 1 teaspoon salt ½ teaspoon pepper</p>
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Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings
Nutritional Analysis:
 240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS:
 Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

SELECTION: Choose fully ripened, bright red berries. Berries should be plump and have a natural shine with bright green, fresh-looking caps.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd, and use within 2 to 3 days. Wash just before serving.

HANDLING: Handle gently. Never remove the caps before washing. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps. Give the cap a gentle twist or use the point of a sharp paring knife.

STRAWBERRIES
 Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
 January 2020

Source: www.fruitsandvegsmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>

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Carlisle County Homemaker 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 Jackie Beggs
- * Stitchin' Sisters—2nd Saturday of the month
President Lisa Dodson

NEXT
Carlisle County Homemakers
Council Meeting
Monday, March 13th
4:30pm



Party Line Corner

Want reminders sent directly to your cell?

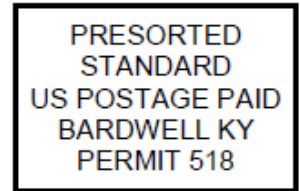
Join our REMIND group to be added to the Homemakers Message List! It's easy!
 Simply text @ccexthome to 81010.



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RETURN SERVICE REQUESTED

**Healthy Homes.
Healthy Families.**



It starts with us

