

PURCHASE LESSON SCHEDULE 2024-2025

		Graves	Hickman	Marshall	McCracken
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

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.*

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!

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

Brooke Hogancamp
Carlisle County Extension Agent
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University of Kentucky Cooperative Extension
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CARLISLE COUNTY
EXTENSION HOMEMAKERS

Cultural Arts Judging Day

MONDAY, MARCH 24



Entry Check-in 9am-Noon
Judging at 1pm
Pick-up Tuesday 8-4

- Selected entries will advance to Purchase Area Cultural Arts Day in Graves County on March 31
- Entries MUST be judged and selected on county level to advance to Area level competition
- See KEHA 2024-2025 Category Arts Exhibit Category list for eligible entries

Contact Shelly Stigall or Brooke Hogancamp for more information

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include *applied and quilted*.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60” perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



Nominate a Candidate for KEHA State Board – Qualified candidates should apply! The following KEHA state officer and chair positions will be elected in spring of 2025:

- Secretary
- Management and Safety Chair
- 4-H Youth Development Chair

These positions will be elected for three-year terms from July 1, 2025, to June 30, 2028. Additional details regarding elections, including links to fillable nomination forms, can be found in a [Featured Story](#) on the KEHA website.

Parliamentarian Position – The incoming KEHA President will appoint a KEHA Parliamentarian after review and approval by the Executive committee, as directed by the state bylaws. The parliamentarian shall serve the same tenure as the President. According to the Standing Rules, the parliamentarian must have general knowledge of Roberts Rules of Order Newly Revised, will attend meetings such as state board meetings and Executive Committee meetings. Those interested should write to President-Elect Henrietta Sheffel at hsheffel@gmail.com to express interest and include qualifications.

Contests, Scholarships, and Grants – March 1 is the deadline for most KEHA contests, scholarships, and grants. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

Contests and Awards – Please see the [KEHA Manual Appendix pages 2-3](#) for a summary of contests and awards, complete with references for more information.

Grants – KEHA development grant proposals and mini-grant applications can be found in the KEHA Handbook or on the [Scholarships & Grants webpage](#).

Scholarships – KEHA has three scholarships available for higher education: the Evans/Hansen/Weldon scholarship, the KEHA Homemaker Member scholarship, and the KEHA Endowed scholarship through the University of Kentucky. Find links to more information and applications on the [Scholarships & Grants webpage](#).

Recognitions – Area Membership Recognition Reports (including 50-year member and deceased member lists) KEHA 2nd Vice President Martha Colley by Jan. 31. County results should be compiled into only one area form. See [KEHA Manual Appendix page 17](#).

Website Updates – The KEHA website has been updated in several different areas. [Merchandise](#) has been updated to reflect new marketing items added to the inventory and updated shipping prices. [Reports](#) shared at the 2024 Fall Board Meeting have been added. The updated State Meeting Registration Refund Policy has been added to the [State Meeting](#) page. The Finance Committee and State Board have determined some clarifications to the policy. Please familiarize yourself with the policy before registering. (NOTE: Registration information will be released in February, when the state newsletter is distributed by mail.)

State Newsletter Coming Soon! – Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in February. It will be posted online at www.keha.org once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more.

2025 KEHA State Meeting Room Block Open – 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>.

KEHA Choir Open for New Members - Do you love to sing? Consider joining KEHA's choir! The choir rehearses and performs during KEHA State Meeting (registration required). Choir members get a rehearsal CD and music to practice prior to the event. For questions, contact Wendy Hood at her NEW email address: wendy8hood@gmail.com. To join, send \$10 payable to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330.

Dates to Remember

- February - KEHA State Newsletter coming soon!
- March 1 - Entry deadline for many KEHA grants, scholarships, and contests.
- March 12-13 - Spring Board Meeting, Lexington.
- March 15 - KEHA Showcase forms due to 1st Vice President (see [State Meeting](#) webpage).
- April 1 - Area lesson schedules for 2025-26 due to KEHA State Advisor.
- April 5 - Postmark deadline for state officer and chair credentials.
- April 7 - Reservation deadline for conference rate at State Meeting hotel.
- April 7 - Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- April 21 - Final postmark deadline for 2025 KEHA State Meeting registration.
- May 6-8 - KEHA State Meeting in Lexington, Ky.



Above: Milburn Homemakers Wina Dodson and Rebecca Edrington painting on canvas.

Milburn Homemakers Use Art Lesson & Painting to Exercise Creativity and Relaxation

Extension Homemakers across the Purchase Area have shared positive feedback over the January Lesson: Elements & Principles of Art II with Vicki Wynn. Participants have enjoyed learning more about what makes a work of art “visually pleasing” but also the joy and relaxation you can experience through artistic expression and creativity.

If you are interested in learning more about the Elements & Principles of Art Educational Series, contact the Extension Office for learning resources or to schedule a time for your club or group to have an artistic session! Contact Brooke at 270-628-5458 or brooke.hogancamp@uky.edu

Having a fun event or doing a special project with your club or group? Send a photo to be included in the next newsletter!



Carlisle County Extension Homemakers

Life in Belgium

Saturday, March 15th

10:00 am

Carlisle County
Extension Office

A presentation of life in
Belgium with
International Student,
Antoine Vandermeeren

Call to register
270-628-5458

Carlisle County Extension Homemakers
International Education Program,
For more information,
contact Peggy Rexroat, International Chair



Cooperative Extension Service
Agriculture and Natural Resources
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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  **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



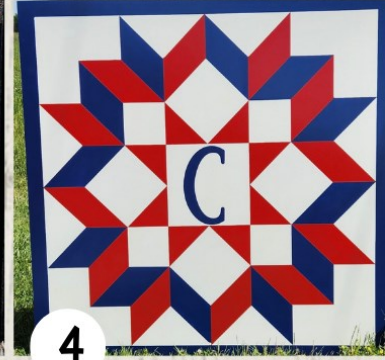
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2



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4

Tuesday, April 8th
Carlisle County Extension
Office
Community Room
9AM-3PM

Space is limited, call to register
270-628-5458

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 MARCH 10

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

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



5



6



7



8

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

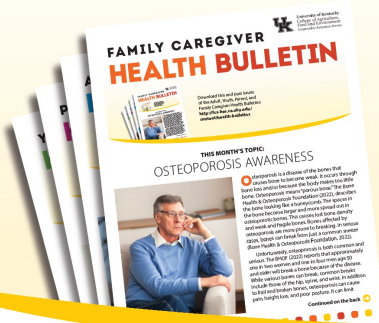
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Disabilities
accommodated
with prior notification.

FAMILY CAREGIVER

HEALTH BULLETIN



FEBRUARY 2025

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

IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



Caring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.
- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

Continued on the next page 

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Lexington, KY 40506



Disabilities accommodated with prior notification.

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- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital

Don't be afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

because it stresses personal values and helps caregivers make better choices. This deep level of connection fosters trust and closeness.

- **Accept change.** A changed relationship can cause grief. Take time to process the change and new roles and duties that

may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.

- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.
- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.
- **Respect wishes.** Both partners need to set limits that respect wishes and ability.
- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.
- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.
- **Stop blame.** Do not judge or blame your partner for their situation.
- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.
- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

REFERENCES:

- Johns Hopkins Medicine. (n.d.). Supporting a Spouse through a Health Challenge. Retrieved 12/17/24 from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/supporting-a-spouse-through-a-health-challenge>
- Nelson, C. (n.d.). Caring for an Aging Spouse: Unique Challenges. Retrieved 12/17/24 from <https://caregiver.com/articles/aging-spouse-challenges>
- Woodruff, L. (2022). AARP. How to Be a Partner, Not a Parent, When Providing Care for a Spouse: Ways to keep the romantic connection alive despite illness or injury. Retrieved 12/17/24 from <https://www.aarp.org/caregiving/health/info-2022/keep-romance-alive.html>

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.

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THIS MONTH'S TOPIC: EXTENSION PUBLICATIONS TO HELP WITH ESTATE PLANNING

Estate planning is not just for the wealthy or aged. It involves arranging for the use and disposal of your resources and property after your death. It can be a valuable tool for you and your loved ones. University of Kentucky Cooperative Extension has a 10-part Estate Planning publication series to help you begin.

"Part 1: Getting Started" gives an **overview of the estate planning process** and helps you establish goals. It provides reflection questions to determine your estate planning objectives. Read more at: <http://ukfcs.net/EP-Part1>.

Gathering your **important documents** is a simple way to begin. "Part 2: Your Records and Personal Information" lists the files that you will need. Available at <http://ukfcs.net/EP-Part2>, this publication includes worksheets to help you organize documents, accounts, and contacts.

"Part 3: Selecting Your Team" explains choosing an **attorney** and an **executor** to oversee asset distribution. Read more at <http://ukfcs.net/EP-Part3>. Attorneys who specialize in estate planning are the most likely to be current on laws related to wills, trusts, and taxes. The executor you name will be responsible for handling the legal matters of your estate.

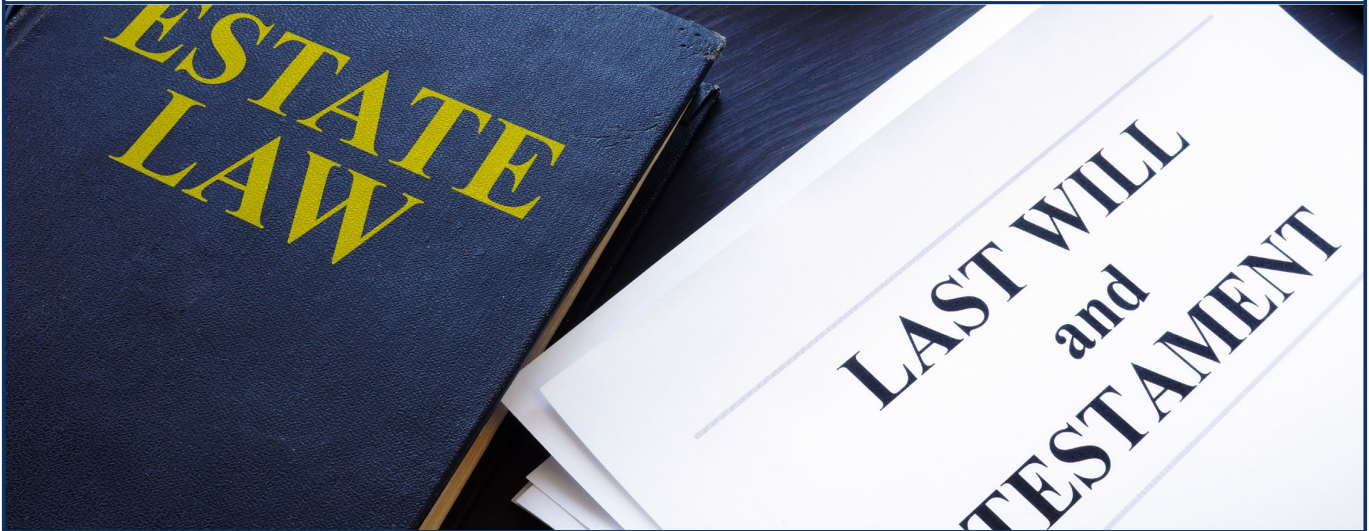


You may choose to work with an accountant or **financial planner** to develop a complete estate plan. When choosing a professional, make sure you find someone you are comfortable working with and check their credentials. "Part 4: Financial Planners" describes different financial planners, qualifications, and costs: <http://ukfcs.net/EP-Part4>.

Next, consider your **will**. A will is a legal document that details instructions to be carried out after your death. It indicates your wishes for property distribution, names guardianship for minor children, and designates your executor. If you die without a will, known as dying *intestate*, Kentucky law will determine how to transfer your assets. Read "Part 5: Wills and Probate in Kentucky," to learn more: <http://ukfcs.net/EP-Part5>.



A WILL IS A LEGAL DOCUMENT THAT DETAILS INSTRUCTIONS TO BE CARRIED OUT AFTER YOUR DEATH.



If you decide to set up a **trust** as part of your estate plan, you are creating a legal entity. The legal title to property or assets is transferred to a trustee who must use that property for a *beneficiary*. Trusts should be written by a professional who understands tax laws and tax consequences. For types of trusts and possible benefits, read “Part 6: Trusts” at: <http://ukfcs.net/EP-Part6>.

When a person dies, the value of their estate is subject to **estate taxes**. These must be paid before the executor can transfer ownership of property to heirs. “Part 7: Federal and State Estate Taxes” offers insight into taxable and deductible assets, and inheritance tax: <http://ukfcs.net/EP-Part7>.

An overlooked part of estate planning is **digital assets**. These include email, social media and online accounts, websites, and photos stored on the cloud. “Part 8: Planning Your Digital Estate” can walk you through digital considerations: <http://ukfcs.net/EP-Part8>.

If you are dealing with the death of a loved one, information on **how to settle an estate** may be

helpful. Find “Part 9: How to Settle an Estate” at <http://ukfcs.net/EP-Part9>.

Finally, if estate-planning talk sounds complicated, review “Part 10: A Glossary of Terms.” This resource defines more than **35 related concepts** that will help simplify the estate planning process: <http://ukfcs.net/EP-Part10>.

Once you have gathered personal information and created an estate plan, consider purchasing a small, fireproof safe. Organize your records in a binder and give instructions on where to find any documents not included. Make sure your estate team knows where to find everything when the time comes. Communication is critical when estate planning. Remember, estate plans and beneficiaries need to be reviewed and revised periodically as laws or personal circumstances change.

Estate planning can save time, money, and stress for grieving family members upon your death. Making an estate plan helps ensure your wishes are carried out the way you want, and in a timely manner.

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

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HELPERS NEEDED!



Educational Chairperson positions available on County Extension Homemaker Council!
Leadership Development

County Cultural Arts Judging Day, Monday March 24.
Helpers needed! Contact Shelly Stigall

County Annual & Area Annual Day committees
Help plan and host county and area annual events.



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>



**New Homemaker Yearbooks and VSU Calendar books are available at the Extension Office!
Don't lose track of your hard earned volunteer service hours!!**



Inclement Weather Policy:

If Carlisle County Schools are closed due to inclement weather, most Extension Programs and Meetings scheduled for that day are also cancelled. Before you travel, call the Extension Office for more information at 270-628-5458 or Brooke's cell at 270-331-1174. .



Carlisle County Homemaker Club Meetings & Contacts

* 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, March 10th

4:30pm

(annual day committee meeting to follow)



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*

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Food and Environment
Cooperative Extension Service

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Healthy Families.
Healthy Communities.**



It starts with us

