

# Healthy ♥ Happy Homemakers



## February: The Heart Month

Heart disease is the number one cause of illness and death for North American women and kills more women than all forms of cancer combined. February is Women's Heart Health Month, and it is a great time for women to start taking better care of their hearts all year round.

It's important to know your personal risk for heart disease and your family history. Common risk factors for heart disease include elevated blood pressure, high cholesterol levels, smoking, diabetes, a sedentary lifestyle and being overweight or obese.

Obesity increases women's risk for at least five leading causes of death including heart disease, stroke, arteriosclerosis (hardening of the arteries) and some types of cancer.

Two of the best ways to improve your heart health is to change your diet and to exercise.

You have many different options to change your diet for the better. Most of them include incorporating more vegetables and fruits and fiber sources into your diet. The U.S. Department of Agriculture's MyPlate encourages people to fill half of their plates with fruits and vegetables. Fiber not only helps prevent heart disease but also may help prevent diabetes, manage weight and improve digestion. Good sources of fiber are beans, barley and oats.

You can also start incorporating more Mediterranean meals into your diet. People in Mediterranean countries tend to have lower rates of heart disease because they eat a diet rich in monounsaturated fat and linolenic acid. They consume more olive oil, fish, fruits and vegetables.

High blood pressure can be a major contributing factor to heart disease and arteriosclerosis. If you have high blood pressure, learning to control it can greatly reduce your risk of developing heart disease. The DASH, Dietary Approaches to Stop Hypertension, diet has been proven to significantly lower blood pressure. This diet involves limiting your salt intake and consuming plenty of fruits, vegetables, low-fat dairy products, fiber and lean meats. More information about the DASH diet is available on the National Heart, Lung and Blood Institute's website, <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/followdash.html>.

More than two-thirds of Kentuckians are not active, and 71% of women in the state report being sedentary. You can become more heart healthy by incorporating more movement into your day. That doesn't necessarily mean you have to spend hours at the gym. If you lead a sedentary lifestyle, you can start small by doing things like taking the stairs instead of the elevator, parking further away from a store entrance, playing tag with your children or walking around your neighborhood. Every bit of movement helps.

For more information on ways you can get healthy and protect your heart, contact the Carlisle County office of the University of Kentucky Cooperative Extension Service.

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University of Kentucky Cooperative Extension  
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## KEHA NEWS & NOTES

### February 2024 News and Notes – Kelly May, KEHA State Advisor



**Deadlines for Contests, Scholarships, and Grants** – March 1 is the entry deadline for most KEHA contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual at [www.keha.org](http://www.keha.org). Be sure to submit your entries on time and to the correct address or email. For questions regarding any of these opportunities, contact the officer or chair listed in the [KEHA Manual](#).

**KEHA Contests** – Entries are sent to the respective chairmen who oversee the contests, as noted in the [KEHA Manual](#). Contests due by March 1 include:

**Creative Writing:** Poetry, Memoirs, Short Story (KEHA Manual pages 37-39) Due to Barbara Seiter, Cultural Arts & Heritage, 8669 Valley Circle, Florence, KY 41042, [seiterbarbara@yahoo.com](mailto:seiterbarbara@yahoo.com)

**Adopt-A-Highway Awards:** (page 49) Due to Ronella Chaffin, Environment, Housing & Energy Chair, P.O. Box 1057, Louisa, KY 41230, [ronella@att.net](mailto:ronella@att.net)

**Ovarian Cancer Fundraising** and **Promoting a Healthy Kentucky:** (page 60) Due to Esther Bailey, Food, Nutrition and Health Chair, 304 Somerset St., Stanford, KY 40484, [hadasah5@hotmail.com](mailto:hadasah5@hotmail.com)

**Homemakers Support 4-H:** (pages 64-65) Due to Denise Boebinger, 4-H Youth Development Chairman, 3275 Bald Knob Road, Frankfort, KY 40601, [dboebinger@me.com](mailto:dboebinger@me.com)

**International Contest and Awards:** (page 73) Due to Marilyn Watson, International Chairman, 2286 Melwood Drive, Henderson, KY 42420, [Mjmw1315@twc.com](mailto:Mjmw1315@twc.com)

**Community Volunteerism Awards:** (page 88 ) Due to Nancy Snouse, 117 Meadowlark Rd., Russell, KY 41169, [wsnouse@msn.com](mailto:wsnouse@msn.com)

**Family and Individual Development Contest:** (page 55) Due to Dottie Crouch, Family and Individual Development Chair, 8851 Highway 55, Campbellsburg, KY 40011, [bodotcr@yahoo.com](mailto:bodotcr@yahoo.com)

**KEHA Grants** – KEHA offers two grant opportunities. Grant proposals/applications are due to the state 2nd Vice President. Send to Julie Hook, KEHA 2nd Vice President, 74 County Road 1021, Cunningham, KY 42035, or [julie.hook@carlisle.kyschools.us](mailto:julie.hook@carlisle.kyschools.us).

**KEHA Development Grants** provide areas and counties with the opportunity to obtain funding for projects. Applications must be submitted by KEHA members. The guidelines and application form are included in the [KEHA Manual](#) pages 107-111. Applications must be sent by certified mail and postmarked by March 1. Send to 2nd Vice President Julie Hook, address listed above.

**KEHA Mini-Grants for Study or Research** may be submitted by KEHA members, FCS agents, or FCS specialists. These mini-grants are for up to \$500 for study or research. The guidelines and application form are included in the [KEHA Manual](#) pages 104-106. Applications must be submitted by March 1. Send to 2nd Vice President Julie Hook, address listed above.

**KEHA News & Notes continue on pg 3...**

## KEHA News & Notes cont....

**KEHA Scholarships** - KEHA provides two educational scholarship programs. Scholarship applications are due to the state Leadership Development Chair. Send to Nancy Snouse, KEHA Leadership Development Chair, 117 Meadowlark Rd., Russell, KY 41169 [wsnouse@msn.com](mailto:wsnouse@msn.com).

**Evans/Hansen/Weldon Scholarship** is open to any full-time student attending a college or accredited undergraduate program in Kentucky and majoring in a Family and Consumer Sciences/Human Environment Science degree program. Details and the scholarship application are included in the [KEHA Manuel](#) pages 94-98. Applications are due by March 1. Send to Leadership Development Chair Nancy Snouse, address listed above.

**KEHA Homemaker Member Scholarship** is open to KEHA members with a minimum of three years of active membership. The scholarship may be to any college or university as well as for a trade or technical school. It is intended for students pursuing their first degree or certification. Details and the scholarship application are included in the [KEHA Manuel](#) pages 99-102. Applications are due by March 1. Send to Leadership Development Chair Nancy Snouse, address listed above.

**KEHA Membership Update** - The total membership for this year is 11,310! This is an increase of 81 members over last year's total membership. A complete membership report will be shared in voting delegate packets at the KEHA State Meeting.

**State Newsletter Coming Soon!** - Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in late February. It will be posted online at [www.keha.org](http://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. An electronically fillable copy of the registration form will be posted online in late February, or you can contact your local FCS agent for a copy.

**State Meeting** - 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 is the host area. Details are on the [State Meeting](#) webpage. Hotel rooms can be reserved now and registration is coming soon.



**Homemaker Showcase at State Meeting** - Area Showcase forms are due March 15 to 1st Vice-President Ann Porter (see [KEHA Manual Appendix](#), page 31 for the form). Each area can have up to two displays, featuring club, county, or area projects. Each state educational chair also can submit one display. KEHA Development Grant winners also may submit a showcase display.

**Last Call for Choir Members** - If you love to sing and plan to attend KEHA State Meeting, why not join the choir? There are no rehearsals outside state meeting, and you'll get a rehearsal CD and music prior to the event. For questions, contact Wendy Hood at [wendy7hood@icloud.com](mailto:wendy7hood@icloud.com). To join, send \$10 payable to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330. (NOTE: Pre-registration before State Meeting is required for performers.)

**KEHA News & Notes continue on pg 4...**

## KEHA News & Notes cont....

**Calling All Quilters!** - The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point. Also, quilters are invited to participate in this year's Quilt Square Auction and Showcase at State Meeting by making a 12-inch finished quilt square. Details are in the KEHA Newsletter.

**Master Farm Homemakers Guild Luncheon and Meeting** - Once again the MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. Again this year, there will be a separate registration for the MFHG luncheon and meeting. Members will receive details from Faye Korthaus.

**Nominate a Candidate for KEHA State Board** - A total of five positions will be elected by delegate vote at the State Meeting business meeting in May 2024. Credentials must be sent certified mail and postmarked by April 5, 2024. For more information about the five positions up for election, as well as links to the forms, visit <https://keha.ca.uky.edu/2024-state-board-elections>.

### **Dates to Remember**

- February - KEHA State Newsletter coming soon!
- March 1 - Entry deadline for many KEHA grants, scholarships, and contests.
- March 4-5 - KEHA Spring Board Meeting, Bowling Green.
- March 15 - Area Showcase forms due to 1st Vice-President (see KEHA [Manual Appendix](#), page 31).
- March 15 - 2023 KEHA Leadership Academy [Payback Report Forms](#) due to state advisor
  
- April 1 - Area lesson schedules for 2024-25 due to KEHA State Advisor.
- April 5 - Postmark deadline for state officer and chair credentials.
- April 6 - Reservation deadline for conference rate at State Meeting hotel.
- April 9 - Postmark deadline for early registration fee (and T-shirt orders) for 2024 KEHA State Meeting.
- April 23 - Final postmark deadline for 2024 KEHA State Meeting registration.
- May 7-9 - KEHA State Meeting in Bowling Green.



## SAVE-THE-DATE

Wednesday, May 15th

McCracken County Extension Office

# Spring Into Green: *Pride of Kentucky*



# ADULT

# HEALTH BULLETIN



**FEBRUARY 2024**

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

# WHEN AND WHERE TO GET MEDICAL CARE



**T**he types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

**Continued on the next page** →



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Lexington, KY 40506



Disabilities accommodated with prior notification.

## ***If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.***



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

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

#### **REFERENCE:**

<https://kidshealth.org/en/parents/emergencies.html>

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**ADULT  
HEALTH BULLETIN**

#### **Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock



# EMERGENCY INFO HEALTH ♥ CARDS



APRIL 9  
2 PM

HELP EMERGENCY  
WORKERS SERVE  
YOU BETTER WITH  
AN EHI CARD!

WITH

*Lois Pressgrove*

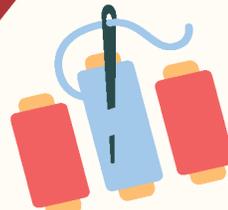


DOOR PRIZES + REFRESHMENTS

HEAR HOW THIS CARD CAN SAVE YOUR LIFE!

GRAVES COUNTY EXTENSION OFFICE

# Embroidery Workshop



The Purchase Area Master Clothing Volunteers will be teaching an Adult Embroidery Workshop. This will be machine embroidery, participants will take home at least one completed project.

**MARCH 15, 2024**  
**9:00 AM- 3:00 PM**

**Participants Bring Their Own Lunch**

**At Graves County Extension Office**  
**4200 US-45**  
**Mayfield, KY, 42066**

**COST WILL BE \$10**  
**PAYMENT IS DUE MARCH 1, 2024**  
**MAKE CHECKS PAYABLE TO**  
**PURCHASE AREA MCV**

## **Cooperative Extension Service**

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Lexington, KY 40506



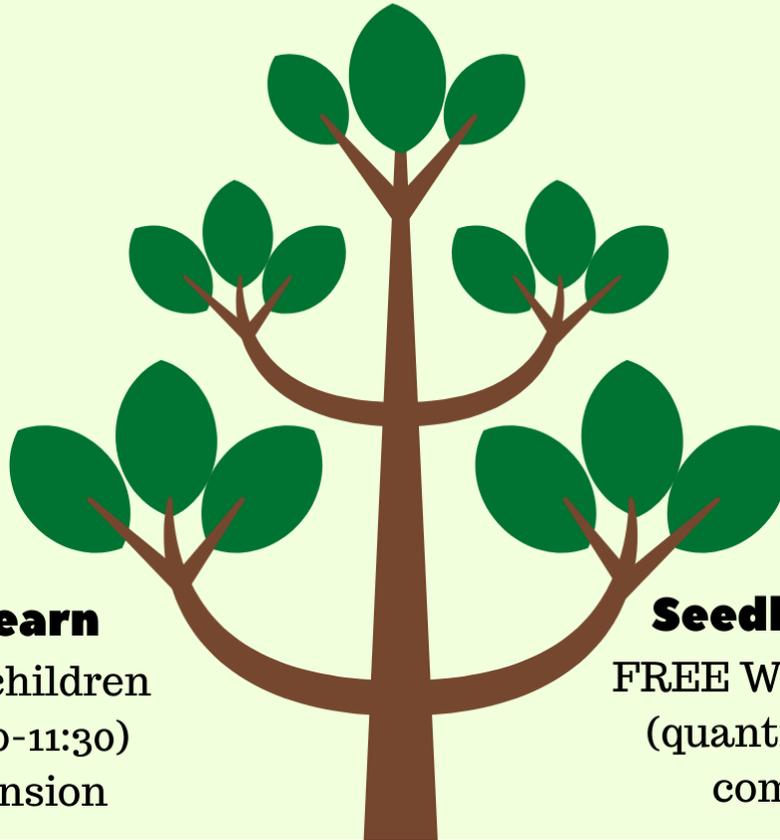
Disabilities  
accommodated  
with prior notification.

Carlisle County Extension Homemakers

# ARBOR DAY

## TREE PLANTING CELEBRATION

Carlisle County Extension Office  
65 John Roberts Drive, Bardwell, KY 42023



### Laugh & Learn

Activities for children  
ages 0-5 (10:00-11:30)  
by FCS Extension

### Seedling Giveaway!

FREE White Oak Seedlings  
(quantities limited: first  
come, first serve)

FRIDAY, APRIL 26TH  
10:00AM



 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

**Cooperative Extension Service**  
Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



## PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<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

### **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.

## 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

# HELPERS NEEDED!



Volunteer help needed for  
Box Lunch Fundraiser 4/12  
Arbor Day Celebration 4/26



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

## April 12, 2024

Pick up at the Carlisle County Extension Office.

**Preorder by Friday, April 5th**

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

Proceeds to benefit Homemaker FCS Scholarship Fund & Community Projects



**NEXT**  
**Carlisle County Homemakers**  
**Council Meeting**  
**Monday, March 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!  
Simply text @ccexthome to 81010.



**Cooperative Extension Service**

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

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RETURN SERVICE REQUESTED

**Healthy Homes.  
Healthy Families.**



*It starts with us*

