

Healthy ♥ Happy Homemakers



Above: Bead Art by Liese Moore

Cultural Arts Entries Advancing to KEHA STATE Competition

Below: Quilt by Renee Sullivan



Above: Summer Holiday Décor by Lisa Dodson

Left: Quilt by Nancy Wilson

Below: Recycled Home Décor by Jackie Beggs



Above: Embroidery by Lisa Dodson



Brooke Hogancamp
Brooke Hogancamp
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Carlisle County Extension Homemakers

BOX LUNCH

Fundraiser



- * sandwich
- * side
- * dessert

\$10

Choice of
Chicken Salad or Ham & Cheese
on Croissant

April 21, 2023

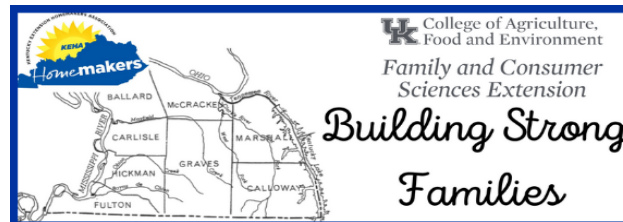
Pick up at the Carlisle County Extension Office.

Preorder by Friday, April 14th

Checks payable to: Carlisle County Homemakers

Call for information 270-628-5458

Proceeds to benefit Homemaker FCS Scholarship Fund & Community Projects



PURCHASE LESSON SCHEDULE 2022-2023

	Lesson Hubs 10:00am	Graves	Hickman	Marshall	McCracken
Lesson	Entertaining Little Ones				
APR		3/28	3/29	3/30	3/31
Lesson	Learn with a Purpose: Understanding Learning Styles				
MAY		4/25	4/26	4/24	4/27
Lesson	Reducing the Risk of Identity Theft- Mail out				
JUNE					

April. Entertaining Little Ones

Keeping little ones entertained can be rather difficult at times. Learn three simple steps used to identify activities children enjoy. Then use that information to create a 5-day activity routine to keep little ones engaged and active.

May. Learn with a Purpose

Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience.

June. Identity Theft- Mail out

Identity theft is the most reported type of fraud complaint received by the Federal Trade Commission. Learn what identity theft is and how to reduce the risk, as well as what to do if it does happen to you.



IN CASE YOU MISSED IT!!

Connection

“Learning, Leading, Serving”



A Note from the President...

I began my duties as President of KEHA this past July. It has been a wonderful experience so far. It also has been a challenge. I appreciate the help from Past Advisor Kim Henken, present State Advisor, Kelly May, Past President Karen Hill, and local Advisor Rita Stewart. They have all been very gracious, knowledgeable, and helpful. I could not do this job without their help. Many of you have heard the saying “it takes a village to raise a child.” I am that child.

As most of you know, I did not have the year as a President Elect. So, I have had to be “fast and furious” as the saying goes.

In the fall I had the privilege to attend seven Area meetings and four County Annual Meetings. I enjoyed seeing the many and varied parts of Kentucky, some of which I’d never seen before. It has been a pleasure to meet so many of you and to see the projects and leadership you’ve displayed. I certainly look forward to visiting the rest of the Areas this year.

It is my goal to get our Homemakers recognized and publicized as much as possible. I want everyone to know who we are, what we do, and how valuable our services are to our communities.

I attended my first N.V.O.N. (National Volunteer Outreach Network) meeting in July in Indiana. We had eleven delegates that attended. Our Kentucky Homemaker membership is up to 11,229, almost double that of any of the other eight states in this organization. It is through this organization that we are also a member of the Associated Country Women of the World which is headquartered in England. I hope to learn more about this organization as I grow as a member. Their national project is the promotion of bee pollination. I have mentioned this at each meeting I have attended. Although Kentucky completed a bee project last year, we are encouraged by N.V.O.N. to continue promoting this initiative when possible.

My first board meeting as president was in November. I had the pleasure of meeting new board members and catching up with old friends. We are currently planning our spring board meeting in March and the final plans for the State Meeting in Louisville in May. I look forward to seeing you there.

Brenda Hammons, KEHA President



KEHA State Meeting
May 9-11, 2023
Crowne Plaza,
Louisville, KY 40209

“Let’s Take A Hike with KEHA” is the theme for our 2023 KEHA State Meeting in Louisville! The Wilderness Trail Area is hosting this year and they have been working hard to make this year’s State Meeting an enjoyable and memorable meeting we will not soon forget. The three-day agenda is packed with wonderful learning sessions and hands-on craft classes that include a wide number of topics and activities. There is sure to be something for everyone!

The State Meeting kicks off this year with the Tuesday opening luncheon. This change will give all the participants more free time on Tuesday evening. This means there are changes in times on the agenda. Please pay careful attention to these time changes. For the opening luncheon, please wear colors that represent things you might see on a hike – yellow for the sun, green for the grass, blue for the sky, and other bright colors (purple, pink, red, orange, etc.) to represent flowers blooming on your hike. Let’s show off the colors of nature!

The KEHA Choir will be featured at the General Session on Wednesday night as the only performers. We are always so excited to hear those lovely voices raised in song.

The Quilt Square showcase and auction will be present again this year! I hope everyone is working on their 12-inch quilt square for the Quilt Square Auction. The Quilt Square auction is always a fan favorite. Also, please do not forget about the KEHA Showcase. Each area can have up to two displays. Please send your form by March 15.

Don’t forget to send in your registration now! As hotels tend to be cold, please bring a sweater or jacket for your own comfort.

Henrietta Sheffel, 1st Vice President

➔ For COMPLETE registration information for the 2023 KEHA State Meeting, contact Brooke Hogancamp at the Carlisle County Extension Office or visit www.KEHA.org

2023 KEHA STATE MEETING Lodging Information

May 9-11, 2023



Make your reservations by April 10, 2023 to secure the conference rate.

Crowne Plaza Louisville Airport Expo Center
830 Phillips Lane, Louisville, Kentucky 40209
866-888-0620 (group code PZ5 for conference rate)
Standard Room \$124 + Tax (1-4 people)

ORDER YOUR KEHA T-SHIRT



This brown short sleeve T-shirt has the KEHA logo on the front and the State Meeting logo, "Let's Take a Hike with KEHA" on the back. It comes in sizes S, M, L, XL, XXL, XXXL and XXXXL. Cost of the shirt is \$16 no matter what size.

2023 KEHA Quilt Square Showcase and Auction



The KEHA Quilt Square Showcase and Auction is back for the eighth year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Louisville. Please write your name and county on a small slip of paper and attach to the back of the square.

If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Henrietta Sheffel, KEHA 1st Vice President, hsheffel@gmail.com or 606-272-0193.

2023 KEHA STATE BOARD ELECTIONS



The following positions are slated for election at the KEHA State Meeting:

- 1st Vice-President (Program)
- Treasurer
- Environment, Housing, & Energy Chairman
- Food, Nutrition, & Health Chairman
- Leadership Development Chairman
- Marketing & Publicity Chairman

All positions will serve from July 1, 2023, to June 30, 2026. The duties for these positions are outlined in the KEHA Bylaws, and position descriptions are available in the State Board section of the KEHA website (www.keha.org). Nomination forms are located in the KEHA Manual, Appendix Section.

Credentials should be sent by certified mail to:

Wanda Atha,
KEHA Secretary
475 Hwy 151
Frankfort, KY 40601

Credentials must be postmarked by April 8, 2023 (30 days prior to the KEHA Annual Meeting).

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

ADULT

HEALTH BULLETIN



MARCH 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:

PREVENT POISONINGS IN YOUR HOME



National Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people

Continued on the next page →



Keep medications in a secured area out of the reach of children.

→ Continued from the previous page

would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like “Caution,” “Warning,” “Danger,” or “Poison.” If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

Share safety with others

There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



Never take a medication prescribed to someone else.

Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.

This national number will connect you with your local Poison Control Center.

If the person is in distress, call 911 immediately.

REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT
HEALTH BULLETIN**

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123RF.com

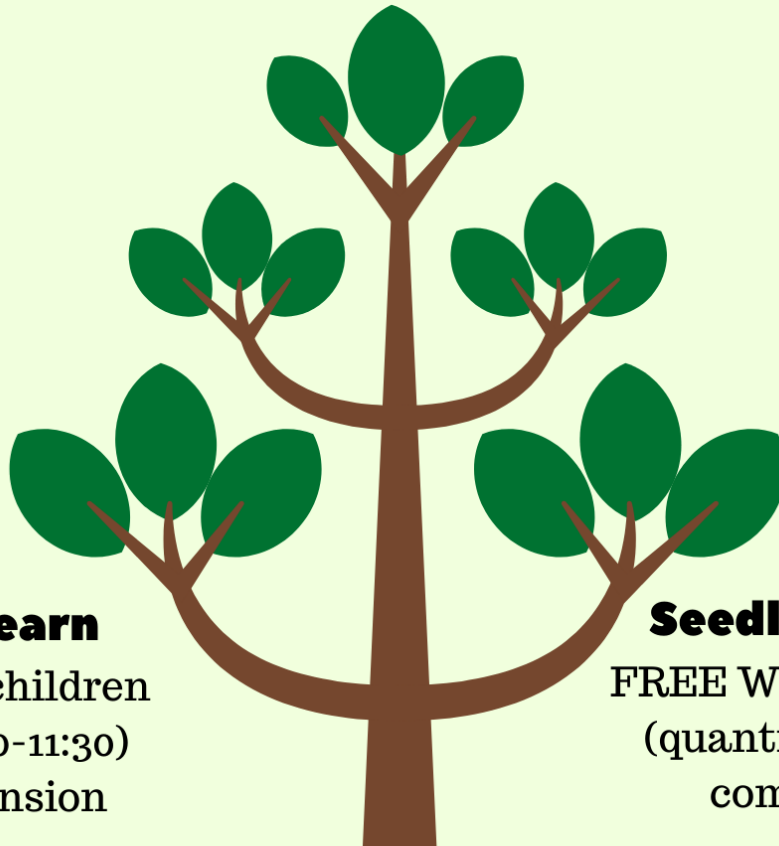


Carlisle County Extension Homemakers

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 28TH
10:00AM



College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



Bardwell Masonic Lodge

PANCAKE BREAKFAST

7:00 a.m. – 10 a.m.

SATURDAY – APRIL 22

Support Relay for Life



**\$7.00 all you can eat
PANCAKES, SAUSAGE,
BACON, FRENCH TOAST
COFFEE, JUICE and MILK
CARRYOUTS AVAILABLE**

March: Living Well Month

Celebrate Your Health!

Health is a lot more than how one looks and feels. Conversations about health should include all eight dimensions or areas of wellness—that is mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. That's the focus of Living Well Month, a national event in March promoting overall wellness and the education provided by Family and Consumer Sciences professionals to improve the lives of people, families, and communities.

To make every month a "Living Well Month," consider these tips:

1. Engage children in at least 60 minutes of physical activity on most days of the week. Adults need at least 30 minutes of physical activity. Play sports or recreational games, turn on some music and dance, hula hoop, or make an obstacle course. Take a walk or a bike ride in your neighborhood. All movement counts.
2. Start planning a garden now to work in the spring and summer. Gardening is great physical activity. This activity could also nurture your mental and environmental wellness.
3. Rethink your drink. The average adult human body is approximately 60 percent water. Water regulates every living cell's process and chemical reactions. It transports nutrients and oxygen. Water also helps to maintain normal bowel habits and prevent constipation. Reduce the amount of soda and fruit drinks consumed daily.
4. Eat a variety of healthful foods. Eat colorful fruits and vegetables every day. Most people need to increase their fruit and vegetable intake. Have a sliced banana on cereal for breakfast. Enjoy a sandwich loaded with vegetables at lunch. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. Try new fruits and vegetables. If there's a kind you don't like, try preparing it in a different way. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.
5. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age. This will stimulate your intellectual health.
6. Talk to a friend or start a journal to get your thoughts and feelings off your chest. Staying in check with emotional health can be tough, but it's important.
7. Check out parenting, finance, nutrition and/or food preparation classes offered by your Extension office. See <https://carlisle.ca.uky.edu/> for more information about upcoming offerings.
8. Maintain a healthy home. Check that your smoke detector is working correctly and test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.
9. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home usually cost more. Plan your menus and use coupons as a planning tool. Creating and sticking to a budget, along with paying of debt are great first steps to financial wellness.

All eight of the dimensions or areas of wellness are connected and support each other. Evaluate your overall wellness and take small steps to improve your health during Living Well Month and all year long.

Extension Family and Consumer Science professionals are part of a nationwide educational organization funded through the Land Grant University System and United States Department of Agriculture. Local Extension Family and Consumer Sciences professionals provide practical, relevant, non-biased, research-based information.



LIVING WELL *calendar*

31 Ways to Live Well during Living Well Month



MARCH 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5

Try a new vegetable today or try a familiar vegetable in a new way

6

Take 5 minutes to do some flexibility exercises

7

Swap one sugar sweetened drink for water

1

Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

2

Practice being still for 5 minutes today (Try out some breathing exercises)

3

Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

4

Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

12

Be aware of your feelings. Express them to people you trust

13

Reach out to someone you care about. Make a date to get together.

14

Be well at work—Set goals for your career and start taking steps to achieve them

8

Give 3 compliments today

9

Write down 5 blessings or things you are grateful for

10

Do 10 body-weight squats and 10 jumping jacks

11

Do some research to learn about a culture that is different than yours

19

Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)

18

Forgive someone who has wronged you

16

Explore public events in your community and discover ways to get involved

17

Find a book to read, and read 1 chapter today

25

Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk

26

Get outside and soak up some vitamin D. Find a park or trail and take a walk

20

Declutter, donate, and recycle things you don't need or use anymore

21

Find an opportunity to appreciate nature today

22

Nurture your spiritual wellness. Ask yourself what values, are most important to you

23

Do 10 pushups (or modified pushups) and 10 sit-ups today

24

Take a mental health break at work and go for a walk outside or in the hallways

31

Have dinner with your family, friend, or neighbor with no smart devices.



HELPERS NEEDED!



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

-School Programs in need of Volunteers:
Truth & Consequences March 29
Adulting 101—May 1

-Box Lunch fundraiser assistants needed! April 20 & 21@ the Carlisle County Extension Office. Flyers & Order forms are available!

-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!



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



A HUGE **Thank You** to all of the bakers who provided delicious desserts to support the Carlisle County Comets/Lady Comets in hosting the District 1 High School Basketball Tournament.



Betty Grogan

Jill Brechbill

Ruth Dietsch

Tracy Beam

Peggy Rexroat



Thank you!



facebook

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 Homemakers Council Meeting

**Monday, May 15th
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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RETURN SERVICE REQUESTED

**Healthy Homes.
Healthy Families.**



It starts with us

