

# Healthy ♥ Happy Homemakers

## PURCHASE LESSON SCHEDULE 2024-2025

		Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Move Your Way: Exercise for Everyone				
<b>FEB</b>	Kelly Alsip	1/29	1/31	1/28	1/30
<b>Lesson</b>	Indoor Air Quality				
<b>MAR</b>	Mike Keller	2/26	2/24	2/27	2/28

### 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.*

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*

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## Thrifty Homemakers Spread Holiday Cheer

On December 5, 2024 Thrifty Homemakers Club served a meal to the staff of Countryside Nursing Home in Bardwell. The ladies provided bbq, chips, beverages, and homemade desserts as a token of appreciation for all the staff members do to care for their patients.

Pictured are Thrifty Club members Ruth Dietsch, Peggy Rexroat, and Kathy DeLong.



## Milburn Homemakers adopt Blessing Box for Milburn area.

The Milburn Homemaker Club has adopted the pantry box constructed by Mr. Robert Carter and donated for community use. The newest "Blessing Box" has been installed in Milburn on Highway 80 in front of the Milburn United Methodist Church.

If your club, group, or organization is interested in adopting a Community Pantry Box, contact Brooke Hoggancamp at the Carlisle County Extension Office. There is currently one available for adoption at the Extension Office.





# Little things make a big difference:

## Little free food pantries and garden sharing boxes

By Stephanie Derifield

Little free food pantries and garden sharing boxes are becoming more common throughout communities as people join the effort to prevent hunger. You can find little free food pantries, often referred to as blessing boxes, in most cities and towns. These small freestanding boxes contain nonperishable food items, and some may contain toiletry items as well. Most blessing boxes will have an invitation written on the outside of the box stating, *“Take what you need, give what you can.”*

Little free food pantries are constructed from primarily wood, or recycled/reused metal boxes, such as old newspaper stands. However, one common feature is the clear front window displaying items inside. Common locations of little free food pantries are library and church parking lots and public parks, where people experiencing food insecurity may frequent.

Garden sharing boxes are a similar method of sharing excess in-season produce with others. For example, farmers may take leftover produce from market sales to local food pantries for distribution or donate to a residential facility. Community gardeners may have an informal system of placing excess produce in a location similar to the little free food pantries.

Raised bed gardens are popular among community groups, organizations, and agencies, such as senior citizen centers, faith-based organizations, substance abuse recovery care facilities, public housing units, senior living communities, urban and city government projects, etc. This type of garden sharing usually involves partnerships, community volunteers, and outside and/or in-kind funding sources. Members, participants, and/or residents are involved in preparing the garden site, planting, caring, and harvesting. They may choose to share excess produce with those in need.



# Suggested Donation Items for Community Pantry or Blessing Box

## MOST NEEDED ITEMS

1

### BABY ITEMS

- Baby Food
- Diapers
- Pull Ups
- Wipes

2

### BEVERAGES

- Coffee
- Tea
- Juice/Juice Boxes
- Hot Chocolate

3

### PANTRY STAPLES

- Broth
- Cooking oil
- Vinegar
- Seasoning (any)

4

### CANNED GOODS

- Corned Beef
- Chili (Meat & Vegetarian)
- SPAM
- Canned Fruits/Vegetables

5

### SNACKS AND BREAKFAST

- Crackers/Chips
- Cookies
- Shelf-Stable Milk (almond & whole)

6

### HOUSEHOLD ESSENTIALS

- Toilet Paper
- Paper Towels
- Laundry Detergent (Pods)
- Dish Detergent

7

### PET SUPPLIES

- Dog Food (wet or Dry)
- Cat Food (Wet or Dry)

8

### CONDIMENTS

- Ketchup
- Mayo
- Salad Dressings

Tips...

ONLY NON-PERISHABLE ITEMS!

Consider quality. Donate items you like or other people will like.

Keep it simple.



**Membership Campaign Updated** - New 2nd Vice President Martha Colley has announced that the “Keys to Membership” campaign will continue for the next three years. Each time a county gets three new members (above the previous year total), the county will be entered into a drawing. She has provided a letter with suggestions. Find out more at <https://keha.ca.uky.edu/membership-campaigns>.

**Recognitions** - County Membership Recognition Reports (including 50-year member and deceased member lists) are due to the Area Vice President or Area President by Dec. 31. For membership tenure recognition, only those reaching the denoted milestone this year should be included in the report. Areas should send the compiled county results in one form to KEHA 2nd Vice President Martha Colley by Jan. 31. See KEHA Manual Appendix page 17.

**Merchandise** - The KEHA website for marketing items and merchandise has been updated to reflect items currently in inventory and new items that have been added. Also, the shipping has been updated to reflect current costs. View photos, access the merchandise order form, and find contact information for 2nd Vice President Martha Colley at <https://keha.ca.uky.edu/marketing-items>.

**Reports** - The KEHA website has been updated with report information shared at the 2024 Fall Board Meeting. This includes Educational Chair reports, Area President reports and more. Read about KEHA impacts across the state and consider new ideas to implement locally. Visit <https://keha.ca.uky.edu/content/impacts>.

**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](mailto:wendy8hood@gmail.com). To join, send \$10 payable to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330.

**Nominate a Candidate for KEHA State Board** - Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chairman positions will be open for election 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 will be shared in January 2025. Qualifications for nominees are listed on page 12 of the Handbook.

**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](mailto: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. Please see the KEHA Manual Appendix pages 2-3 for a summary of contests and awards, complete with references for more information. KEHA development grant proposals and mini-grant applications can be found in the KEHA Manual pages 104-111. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

**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>.

**State Meeting Registration Refund Policy** - The Finance Committee has determined some clarifications to the State Meeting refund policy.

The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly once the form is released in February.

Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.

Registration may be transferred to another individual rather than canceling.

Deadline reminders: Postmark April 7 for early registration and postmark April 21 for final registration deadline in 2025. Registration forms will be available in the State Newsletter that comes out in February.

### Dates to Remember

- Dec. 31 - Dues deadline. Any county that does not submit state dues by this date will not be eligible to vote at the 2024 KEHA Business Meeting in May.
- Dec. 31 - Deadline for fundraising-based recognitions (ovarian cancer fundraising, KEHA scholarship contributions, Coins for Change contributions, etc.) Awards will be based upon funds forwarded to the KEHA state treasurer with state dues and noted on the remittance form.
- Dec. 31 - County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President (see KEHA Manual Appendix page 17).
- Jan. 15 - County membership database/updates due via the web-based system.
- Jan. 15 - KEHA Newsletter Deadline - Information due to KEHA 2nd Vice-President.
- Jan. 31 - Area Membership Recognition Reports due to KEHA 2nd Vice President by Jan. 31 (see KEHA Manual Appendix page 17).
- March 1 - Entry deadline for many KEHA grants, scholarships, and contests.



2025



# Holiday Foods Gala 2024







# ADULT

# HEALTH BULLETIN



**DECEMBER 2024**

Carlisle County Extension Office  
65 John Roberts Road  
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

# AVOID WINTER HEALTH RISKS



**A**s winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

**Continued on the next page** →



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**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Lexington, KY 40506



 Disabilities accommodated with prior notification.

**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



**→ Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

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**ADULT  
HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

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## THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

### HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

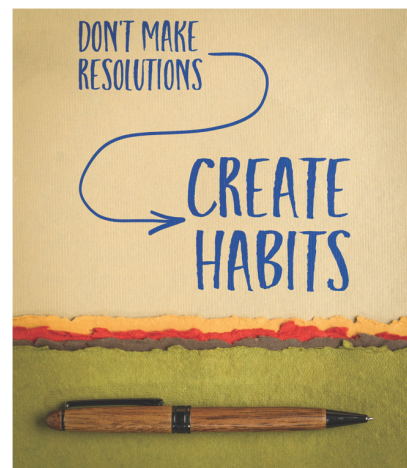
#### Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

### HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.



<b>Cycle of Habit Loop</b>	<b>Form a Good Habit – Make it ...</b>	<b>Break a Bad Habit – Make it ...</b>
<b>Cue:</b> Hunger	<b>Obvious:</b> Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	<b>Invisible:</b> Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
<b>Craving:</b> Food	<b>Attractive:</b> If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	<b>Unattractive:</b> Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
<b>Response:</b> Buy food	<b>Easy:</b> Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	<b>Difficult:</b> Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
<b>Reward:</b> Full	<b>Satisfying:</b> Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	<b>Unsatisfying:</b> Appoint someone to hold you accountable and remind you of your commitment.

### CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

**New Habit:** \_\_\_\_\_

<b>Cycle of Habit Loop</b>	<b>Form a Good Habit – Make it ...</b>	<b>Break a Bad Habit – Make it ...</b>
<b>Cue:</b>	<b>Obvious:</b>	<b>Invisible:</b>
<b>Craving:</b>	<b>Attractive:</b>	<b>Unattractive:</b>
<b>Response:</b>	<b>Easy:</b>	<b>Difficult:</b>
<b>Reward:</b>	<b>Satisfying:</b>	<b>Unsatisfying:</b>

### REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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# HELPERS NEEDED!



Educational Chairperson positions available on  
County Extension Homemaker Council!  
Housing, Energy & Environment  
Leadership Development

County Cultural Arts Day, more info to come...

AREA ANNUAL DAY committee!!



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, January 6th**  
**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  
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65 John Roberts Drive  
Bardwell, KY 42023*

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Healthy Families.  
Healthy Communities.**



*It starts with us*

