

Healthy ♥ Happy Homemakers

2024 KEHA State Meeting @ Bowling Green May 7-9, 2024

Left- Carlisle County Homemaker President, Julie Hook presents "Best of Brunch" to more than 80 KEHA members.



Above- Peggy Rexroat of Thrifty Homemakers Club receives Blue Ribbon honor for her knitted scarf at 2024 KEHA State Meeting Cultural Arts



Above, Right- Carlisle County Attendees: Julie Hook, Brooke Hogancamp, Ruth Dietsch and Kathy Delong



Left, Center, Right- Julie Hook's "Best of Brunch" learning session provides participants with a taste of delicious brunch possibilities.



Brooke Hogancamp
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May 2024 KEHA News and Notes–Kelly May, KEHA State Advisor

Welcome New KEHA Officers – Welcome to the five newly elected KEHA state officers and chairs whose terms begin July 1, 2024.

- President-Elect: Henrietta Sheffel, Breathitt County
- 2nd Vice President: Martha Colley, Christian County
- Cultural Arts & Heritage Chair: Cindy Moore, Henry County
- Family & Individual Development Chair: Amelia Godfrey, Johnson County
- International Chair: Tammy Alford, Butler County



State Meeting Recap – Thank you to everyone for a successful state meeting! It takes every area across the state fulfilling their assignments to make this meeting happen. Here are a few highlights from our week:

- Total attendance was 450. There were 61 first-time attendees.

There were no bylaws changes in the state business meeting this year. The voting delegate packet is available on the [state meeting webpage](#).

Cultural arts judging results are available on the [state meeting webpage](#).

More than \$7,000 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction. Additional details are included in a [feature story](#) on the KEHA website.

Save the Date for 2025 State Meeting – Next year’s KEHA State Meeting will take place May 6-8, 2025, at the Hyatt Regency in Lexington, Ky. Watch for details coming soon!

Host an Exchange Student – 4-H offers two opportunities to host a young person from another county, including a month-long summer experience and a year-long school experience.

States' 4-H Summer Inbound Program provides the opportunity to welcome a young person from either Japan or Taiwan to Kentucky for 3.5 weeks. Each year we place young people all across the state with host families for a homestay experience. This year we have 27 young people and three chaperones from Japan and Taiwan to place within the state. This is a life-changing experience for all parties involved.

Some details include:

Priority Application Deadline: February 1

Host Parent Orientation: July 14 at 8:30 PM ET/7:30 PM CT

Delegate Pick-up: July 22 5:00 PM ET/4:00 PM CT at the Bullitt County Extension Office in Shepherdsville, KY

Delegate Drop-off: August 14 5:00 PM ET/4:00 PM CT at the Bullitt County Extension Office in Shepherdsville, KY

Complete the host family application here:

<https://www.states4hexchange.org/apply/host/>

Families must have a young person that is the same gender who is within 3 years of the age of the hosted young person.

States' 4-H Academic Year Program runs from August 2024-June 2025 and follows the traditional International Exchange format. The young person will attend public high school and become part of the family for the year. This year we have two young people from Japan to place within the state. This program does **not** require a host sibling for placement! The deadline is June 1. The following link should be used to apply to be a host family for an AYP delegate. <https://app.smarterselect.com/programs/92008-States-4-H-International-Exchange>

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

- June 15 – Postmark deadline for NVON Conference registration.
- June 30 – KEHA year ends.
- July 1 – Due date for club reports to be submitted to the county (paper forms). This includes both program of work reports and volunteer service logs.
- July 16-18 – NVON Conference in Ashville, N.C.

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.*




Carlisle County
Extension Homemakers

COUNTY ANNUAL NIGHT

SAVE-THE-DATE

AUGUST 29, 2024

SAVE THE DATE!

Holiday Foods Tasting Gala

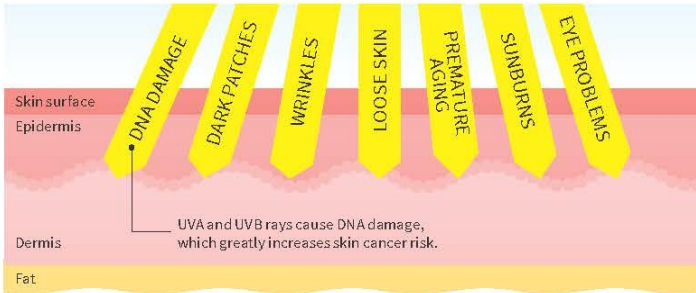
THURSDAY,
NOVEMBER 14, 2024



Preventing Skin Cancer

Skin cancer is the most common of all cancer types. More than 5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

UV RAYS FROM THE SUN CAUSE DNA DAMAGE, LEADING TO SKIN CANCER AND AGING



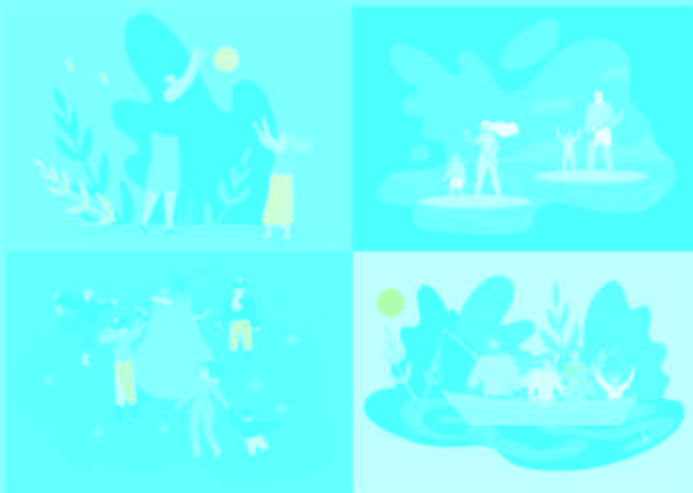
ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU ...



USE SUNSCREEN



PROTECT YOUR SKIN YEAR-ROUND



COVER UP THE KIDS, TOO



Learn More - cancer.org/skincancer
 Stay Protected - www.org/sun4life
 Detect Early - cancer.org/skinchecktoday
 Donate - www.org/donate

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MANAGING IN TOUGH TIMES INITIATIVE



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MAY

THIS MONTH'S TOPIC:

KEEP SMARTPHONE DATA PRIVATE BY SAFELY DOWNLOADING APPS

Smartphones can make our lives easier, but they can also make our personal information more accessible in ways that we don't want.

Adware, spyware, and Trojans can infect smartphones and access your private data – which can translate into a financial problem as well as a security problem. Besides accessing your contacts and tracking your location, malware can enable someone to shop with your bank account, raise your phone bill with SMS messages, and collect passwords for all types of financial and shopping accounts you may use on your phone.

Tip 1: Use the "Official" App Store

Android may be more susceptible to malware and spyware because it is an open platform system on which many retailers can offer apps, and from many sources, not just one official store. But even if you limit yourself to only using an "official" store like the Apple Store or Google Play, it is still smart to take precautions.

Disable the installation of third-party source apps to prevent Trojans that spread through ads and other unknown sources. And know that even though the official stores have departments that work to review apps, something could still slip past.

Tip 2: Watch Out for Imposters

How do you know if an app is "safe" to download? You find out the same way you check out an investment or other financial product – you do some research.





Check out the app developer by doing a web search on what other apps they have created. Note the number of downloads and how long ago the app was published or updated. Like in phishing emails, spelling and grammar errors are a common give-away to trouble.

Read reviews, but take them with a grain of salt. If all the reviews are positive, they may be paid testimonials or posted by bots. Detailed reviews that list both good and bad features are more likely to be real user-generated feedback. While you want an app that people list positively, it's a sign that reviews are authentic if users occasionally post a negative point or question – and it's an even better sign if the developer has responded to work through the issue.

Overall, if it sounds too good to be true, it just might be.

Tip 3: Be Aware of App Permissions

What permissions does the app require to access specific functions and data? Be selective about what authority you grant – carefully review the permissions request and consider whether those permissions are really needed for that app to function.

If the app wants to access your calendar or location, it may be relaying that information to

someone who wants to know where you're going – or when you're not home. If it's accessing your phone, camera or microphone, it could record at any time without your knowledge. Phone or SMS permissions also may be troublesome if criminals make calls or send messages at a charge to you. Contacts can be particularly appealing to fraudsters. Storage access can let the app read, change, or remove any files stored on the device.

If you don't want to grant the permissions, you can decline them. But if the app really needs them it may not work properly. You can change app permissions in your settings at any time. And if you suspect you've downloaded a bad app, uninstall it and see if phone performance improves.

Finally, remember that your smartphone is a computer and should be maintained by keeping system software and apps updated and by using a good antivirus and antispyware software.

Sources: Ryabova, Yaroslava. "How to avoid Android malware." Kaspersky Lab Daily Blog. Sept. 13, 2017. (Retrieved April 1, 2019) <https://www.kaspersky.com/blog/android-app-security/18505/>

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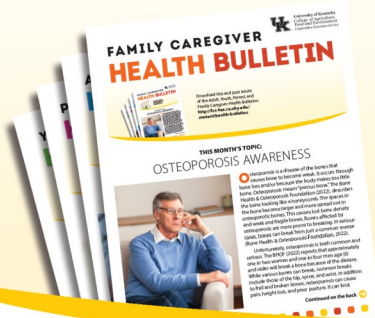
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FAMILY CAREGIVER

HEALTH BULLETIN



MAY 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

EATING WELL FOR HEALTH



Maintaining a healthy diet is important across the life span. As we get older, changes in nutritional needs, health, and life circumstances can challenge healthy eating. It is important to make food choices that optimize health and overall well-being.

A variety of factors may challenge healthy eating when older. For example, medical conditions and medication may make it hard to absorb and efficiently use essential nutrients. Cognitive impairment, oral health problems, and mobility issues create barriers to healthy eating and nutrition. Social factors such as bereavement, loss of independence, and social isolation can influence dietary practices. Older adults are also more likely to become less active. As their metabolism slows and energy decreases, they eat less. As a result, eating healthy and getting the proper nutrients necessary for healthy aging can be tough. Despite these factors, the Cleveland Clinic stresses

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Disabilities accommodated with prior notification.

→ Continued from the previous page

making a conscious effort to eat a well-balanced, nutrient-rich diet. A healthy diet after age 65 is important because it contributes to:

- Cognitive function
- Memory
- Cardiovascular health
- Bone and muscle strength
- Immunity
- Digestion
- Mental health
- Overall well-being

The USDA recommends that a healthy, well-rounded diet after age 65 should limit processed foods and include:

- Variety of lean protein
- Fruits and vegetables
- Whole grains
- Low-fat or fat-free dairy
- Limited sugar, saturated fat, and sodium
- Proper hydration

Think nutrients

The ability to absorb nutrients decreases naturally with age. Sometimes this happens because of medical conditions and/or medication. Micronutrients are all the nutrients found in foods including all of our vitamins and minerals. Our bodies need micronutrients to work right, meaning healthy development, disease prevention, and overall well-being (CDC, 2022). As we age, it is important to get enough iron, vitamin A, vitamin D, iodine, folate, zinc, calcium, potassium, magnesium, fiber, and omega-3 fatty acids. In addition to talking to a health-care provider about proper nutrients, you should read the Nutrition Facts label to understand how much of certain micronutrients are in your food. You can also take dietary supplements, often in the form tablets, capsules, gummies, powders, and drinks, to add to or supplement your diet. Always talk to a health-care provider about whether supplements are necessary for your nutritional needs.

Stay hydrated

Dehydration is a common cause for hospitalization for those 65 and older. A variety of age-related changes in the body, health conditions,

and/or medications may make thirst decline as we get older. But some older adults choose not to drink because of concerns about bladder control. (You do not drink as much so you do not have to “go” as much). Limited mobility may make it difficult to get a drink or use the restroom quickly and/or frequently. Various medications, chronic illnesses, and even a common cold or a sore throat may make people less likely to want to drink. It is important to keep up with your fluids even when you do not feel well. Drinking water prevents dehydration, helps digestion, enhances absorption of some nutrients and can even help us feel more energized and think clearly. Other great sources of fluids include 100% fruit or vegetable juice, low-fat or fat-free milk, fortified soy beverages, and sometimes tea and coffee. Even various foods, such as fruits, vegetables, and soups, help keep up hydration.

Be social

The USDA recognizes that healthier eating occurs when it becomes a social event. From preparing to consuming, sharing food with others helps increase enjoyment and promotes adequacy of dietary intake for older adults. Eating with others can also improve and sustain mental health.

To find out if you or a loved one is making every bite matter, take the USDA MyPlate quiz. This quiz gives you an overview of how you are doing with the recommended food groups, and it gives personalized resources based on your specific results. You can even download a MyPlate app to set daily food group goals based on your quiz results, monitor progress, and earn badges to acknowledge your healthy eating accomplishments. To start the quiz, go to <https://www.myplate.gov/myplate-quiz>.

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FAMILY CAREGIVER
HEALTH BULLETIN

Written by:
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Stock images:
Adobe Stock



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
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Purchase Area Extension Homemakers
<https://www.facebook.com/purchasehomemakers>

Carlisle County Cooperative Extension Service
<https://www.facebook.com/CarlisleCES>



Triple Berry Crisp

| | | |
|----------------------------------|----------------------------------|----------------------------|
| Cooking spray | 3 tablespoons white sugar | ¾ teaspoon cinnamon |
| 1¼ cup fresh blackberries | ¾ cup brown sugar | ½ teaspoon nutmeg |
| 1¼ cup fresh blueberries | ½ cup flour | ½ cup butter |
| 1¼ cup fresh strawberries | ½ cup oats | |

Preheat oven to 375 degrees F. Spray the bottom and sides of an 8-by-8 inch baking pan with nonstick cooking spray. **Wash** berries. Do not let berries soak in water. Hull strawberries by removing the stems and green tops. **Place** blueberries, blackberries and strawberries in a mixing bowl. **Sprinkle** berries with white sugar and **stir**. **Set** aside. In a separate, large bowl, **mix** the brown sugar, flour, oats, cinnamon and nutmeg. **Cut** in the butter until crumbly.

Pour berry mixture into baking pan. **Sprinkle** crumbly mixture over the berries. **Bake** for 30 minutes or until the top is golden brown.

Yield: 12, ½ cup servings

Nutritional Analysis: 160 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 3 g fiber, 19 g sugars, 2 g protein



Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A ½ cup serving of raw berries contains 35 calories, has no fat, and is a good source of potassium, vitamin C and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Avoid berries that contain extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

Source: www.fruitsandveggiesmatter.gov

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing. They can be made into jellies or jam. For more information, contact your local County Extension Office.

KENTUCKY BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
August 2014

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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, July 1st
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

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It starts with us

