

Healthy ♥ Happy Homemakers

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

KENTUCKY COOPERATIVE EXTENSION

DANIEL BOONE National Forest

SEE BEAUTIFUL ROCKY MOUNTAINS AT OP LOOKOUT

Kentucky resident?
 At least 18 years old?
 Care about your community?

go.uky.edu/serveKY

HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY



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



Its DUES time!!

County Homemaker Dues are \$10.00

You can pay at the Carlisle County Extension Office by cash or check to Carlisle County Extension Homemakers.

Stop by: 65 John Roberts Drive, Bardwell
Or Mail: PO BOX 518, Bardwell, KY 42023

Brooke Hogancamp

Brooke Hogancamp
Carlisle County Extension Agent
for Family & Consumer Sciences
University of Kentucky Cooperative Extension
brooke.hogancamp@uky.edu





2023 Taster's Choice Winner
Hot Bacon Gouda Dip by
Toni Brown & Julie Hook



2023 Holiday Foods Tasting Gala



PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
Lesson	Time Well Spent: Organizing Tips for Increased Productivity				
JAN	Denise Wooley	12/1	11/28	11/29	11/30
Lesson	Elements and Principles of Art				
FEB	Vicki Wynn	1/30	1/29	2/1	1/31

January. Time Well Spent: Organizing Tips for Increased Productivity – Denise Wooley

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace

February. Elements and Principles of Art – Vicki Wynn

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.

KEHA NEWS & NOTES

2024 State Meeting - Next year’s 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 Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the [State Meeting](#) webpage.



Nominations Sought for Kentucky Master Farm Homemakers Guild - The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. A person recognized as a Kentucky Master Farm Homemaker:

- Is a member in good standing of the Kentucky Extension Homemakers Association and has been a member at least three years (mailbox members are eligible);
- Is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
- Derives a percentage of the family income from the farm operation;
- Is knowledgeable and supportive of the Cooperative Extension Service;
- Gives unselfish service to her family, community, state, and nation; and
- Is nominated from the club, county and/or district where KEHA membership is held.

The County Info Sheet and details regarding the new member selection process are available on the [Master Farm Homemakers Guild web page](#). County nominees should complete and submit the County Information form by Nov. 15.



KEHA News & Notes cont....

Renew Your Membership – Fall is membership drive time for KEHA. The current membership campaign says the “Keys to Membership” are the three Rs: Recruit – get a plus one, Retain – value members and engage, and Repeat – continue to grow. More information about the campaign and possible prizes is available on the [membership campaign](#) webpage.

Gift Membership – Did you know you could give the [gift of KEHA membership](#)? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member – and also let them know why KEHA is important to you!

Dues Collection – Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form ([KEHA Manual Appendix](#) page 16) should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2023 state business meeting.

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 2024:

- President-elect
- Second Vice President
- Cultural Arts & Heritage Chair
- Family & Individual Development Chair
- International Chair

These positions will be elected for three-year terms from July 1, 2024, to June 30, 2027, with the exception of president-elect. The president-elect serves a one-year term is from July 1, 2024, to June 30, 2025, at which time she or he will transition to president for a three-year term. Additional details regarding elections will be shared in January 2024. Qualifications for nominees are listed on [page 12 of the Handbook](#).

Forms – Make sure you are using the most current KEHA forms from the Manual and Appendix. Older forms may have incorrect names, emails, and addresses. For up-to-date forms and Manual information, visit <https://keha.ca.uky.edu/content/keha-manual>.

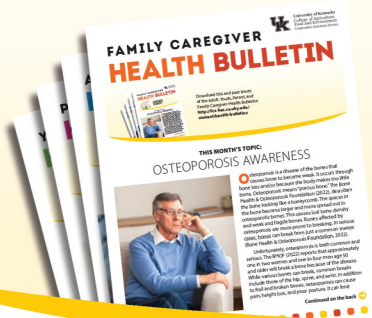
Dates to Remember

Oct. 31 – Due date to send Area KEHA Officer Directories to the KEHA President and State Advisor. Use directory form found in the [KEHA Manual Appendix](#) pages 12-13.

- **Nov. 13-14** – Fall Board Meeting at Embassy Suites Coldstream
- **Nov. 15** – Due date to nominate new members for the Master Farm Homemakers Guild.
- **Nov. 15** – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- **Dec. 15** – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

FAMILY CAREGIVER

HEALTH BULLETIN



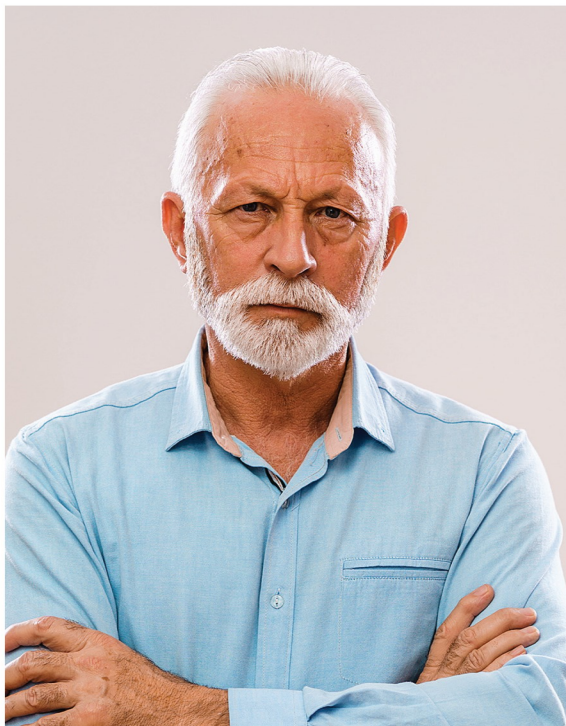
NOVEMBER 2023

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:

LEWY BODY DEMENTIA



Lewy body dementia (LBD) is a disease caused by abnormal deposits of protein in the brain. These deposits, called Lewy bodies, lead to problems with thinking, mood, behavior, and movement (NIH). According to the National Institutes of Health, LBD is one of the most common causes of dementia after Alzheimer's disease and vascular disease. It affects more than one million people in the U.S.

Types of LBD

"Lewy body dementia" (LBD) is an umbrella term that includes two related types of dementia: dementia with Lewy bodies (DLB) and Parkinson's disease dementia (PDD), according to the Lewy Body Dementia Association. DLB and PDD are related but differ in the timing of cognitive and mobility impairment (NIH).

- With DLB, a person experiences dementia within one year of movement symptoms, such as rigidity, slowed movement, stiffness, and tremors (Alzheimer's Association,

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NIH). Decline in thinking may look like Alzheimer's disease, but over time, other DLB symptoms and problems with movement will occur.

- With PDD, movement symptoms, consistent with Parkinson's disease, start first and cognition problems don't occur for more than a year (NIH). Not all people with Parkinson's disease develop dementia, but it is not uncommon for older adults living with Parkinson's to do so. According to the NIH, a later life diagnosis of Parkinson's disease is a risk factor for PDD.

DLB symptoms

The Lewy Body Dementia Association reports the following distinct features of DLB.

- Progressive cognitive impairment
- Fluctuating attention and alertness can present like delirium, lasting for hours or days
- Recurring visual hallucinations
- Parkinson-like movement (rigidity, shuffling, slowed mobility, tremors, stooped posture)

DLB is also associated with changes in sleep and autonomic functions like blood pressure, thermal regulation, digestion, urinary incontinence, and sexual response. DLB is progressive, which means the symptoms and decline can get worse over time. Changes should be reported to a health-care professional. Ultimately, people with DLB will require full-time care.

DLB risk factors

The cause of LBD is unknown. No specific lifestyle factors are proven to increase risk and no genetic test can prove if someone will develop it. As researchers continue to learn more, they do know that the following risk factors are linked to higher risk (NIH):

- Older age
- Rapid eye movement sleep behavior disorder
- Parkinson's disease

In addition, the Mayo Clinic reports that LBD affects more men and, sometimes, those with a family history may have greater risk.

Diagnosis

LBD can be difficult to diagnosis. Not only can LBD occur alone or with other brain disorders, but it can also resemble other diseases and disorders

(Lewy Body Dementia Association, NIH). The order and/or severity of symptoms can also vary (Lewy Body Dementia Association). The only definitive diagnosis of LBD is with an autopsy. But health-care providers use a "one-year-rule" to help identify the type of LBD, which helps doctors better understand the likely disease progression and determine a proper treatment (NIH). Evaluations consist of medical history, physical examinations, lab work, brain imaging, and neuropsychological tests (NIH).

Treatment

There is no cure for LBD, but a correct diagnosis and proper treatment can help improve quality of life. Certain medication, therapies, counseling, home safety modifications, and adaptive equipment can make daily tasks more manageable. The NIH also suggests building a caregiving team that might include a neurologist who specializes in dementia and/or movement disorders; a primary care physician; physical, speech, occupational, and sleep therapists; palliative care specialists; and a pharmacist. Support groups can also be a valuable resource for both patients and caregivers.

Advice for LBD caregivers

- Educate yourself and others about the disease, including health-care professionals
- Ask for help
- Form a caregiving team
- Be flexible and realistic
- Care for yourself
- Talk to children and teens in age-appropriate terms
- Seek resources. Start with Lewy Body Dementia Association (800-539-9767 or 404-935-6444)

REFERENCES:

- Lewy Body Dementia Association (LBDA). (2023). Clinical Management. Retrieved August 28, 2023 from <https://www.lbda.org/clinical-management>.
- Mayo Clinic. (2023). Lewy Body Dementia Overview. Retrieved August 25, 2023 from <https://www.mayoclinic.org/diseases-conditions/lewy-body-dementia/symptoms-causes/syc-20352025>
- NIH. (2023). Lewy Body Dementia. Retrieved August 27, 2023 from <https://www.ninds.nih.gov/health-information/disorders/lewy-body-dementia>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
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Designed by: Rusty Manseau
Stock images:
Adobe Stock



Is KEHA for me?

Home. Family. Community. Tradition.

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

Join the time honored organization that values QUALITY OF LIFE above all.

Annual Dues \$10.00

Flexible Membership options for Homemakers in all walks of life!

REGULAR CLUB MEMBERSHIP

- Attend monthly meetings
- Participate in club and county activities
- Educational lesson each meeting
 - Receive newsletters and information about programs
 - Leadership opportunities
 - Awards and recognition
 - Community Support

MAILBOX MEMBERSHIP

Party Line Members enjoy the privileges of regular Extension Homemaker Club membership, but choose to not attend a regularly-scheduled club meeting. Ideal for those who wish to stay connected but have less time to regularly commit.

Fellowship. Knowledge. Service. Love.

♥ HOMEMAKERS ♥

For membership information, call the Carlisle County Extension Office
270-628-5458

Carlisle County Extension Homemakers Association



Member Form

Last Name: _____ First Name: _____ M.I. _____

Address: _____ City: _____ State: KY Zip: _____

Gender: Male or Female Birthday (optional): ____ / ____ / ____ *year optional*

E-mail: _____ Year Joined: _____

Home Phone: _____ Cell Phone: _____

Ethnic Background (circle all that apply): 1) White 2) Black 3) Alaskan/Am. Ind.

(Optional) 4) Asian 5) Hawaiian/Pac. Island

Residence (check one): Farm In Country, but not on farm Town under 2,500 4) Town over 2,500

Age Group (check one): 15-19 20-24 25-34 35-39 40-44 45-64 65+

Number of years in club membership: Less than two years 2-5 years 6-10 years 11-15 years
 16-20 years 21-35 years 36-49 years 50+ years

Club Affiliation (Check One): Mailbox Member Milburn Thrifty Night Owl

Would like to start a new club Would like to become a member of an existing meeting club

Would you be interested in serving on the →

County Extension Homemaker Advisory Council or Yes No

Family and Consumer Science County Council (quarterly meetings)? Yes No

Would you prefer the newsletter sent through mail or e-mail? Mail E-Mail

Photo Release Authorization

I, (print full name) _____ (*) hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the College of Agriculture Cooperative Extension and Agricultural Alumni Association, to interview, photograph and/or videotape me, or my minor child, and/or to supervise any others who may do the interview, photography, and/or videotaping and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation:

- ✓ University Educational Publications/Videos
- ✓ University Electronics Publishing (e.g. World Wide Web)
- ✓ University Promotion/Advertising
- ✓ Local/regional/national news media (w/permission of the University of Kentucky)

Signature : _____

Date: _____

PREPARE YOUR HOME FOR WINTER

BEFORE COLD WEATHER SETS IN:



Check sprinkler or irrigation systems

Make sure you've turned everything off and fully drained the system.



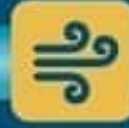
Identify your home's freezing points

Check your home for pipes in areas that might be prone to freezing, such as crawl spaces, unheated rooms, basements, garages, and exterior walls.



Know how to shut off your water

Locate your main water shut-off valve. Hang the I.D. tag located on the back of this insert on the valve, so you can find it quickly in an emergency.



Strengthen your defenses

Eliminate sources of cold air near water lines by closing off crawl spaces, fixing drafty windows, insulating walls and attics, and plugging drafts around doors.



Protect your pipes

Where pipes are exposed to cold, wrap them with insulation or heat tape (even fabric or newspaper can help).

WHEN TEMPERATURES STAY BELOW FREEZING:



Give pipes a helping hand

If pipes run through cabinets or vanities, open the doors to let warmer room temperatures flow in.



Keep water working

Keep water moving through the pipes by allowing a small trickle of water to run. The cost of the extra water is typically lower than the cost of repairing a broken pipe.

BUT IF YOUR PIPES DO FREEZE:



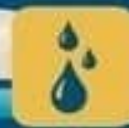
Shut off the water immediately

Don't attempt to thaw pipes without turning off the main shut-off valve.



Thaw pipes with warm air

You can melt the frozen water in the pipe by warming the air around it with a hair dryer or space heater. Be sure not to leave space heaters unattended and avoid the use of kerosene heaters or open flames.



Be careful turning water back on

Once pipes are thawed, slowly turn the water back on and check pipes and joints for any cracks or leaks that might have been caused by freezing.

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THERE IS
always, always,
ALWAYS
something
to be thankful for

3 WAYS TO THAW A TURKEY

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.



Cold water:

Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

For more information on safe thawing methods, visit fsis.usda.gov



United States Department of Agriculture

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Happy Fall
Y'all

HELPERS NEEDED!



Help needed to decorate for the
4-H Santa Breakfast!

Event is on Saturday, December 9th.
We will decorate the week before,
date tba. More details to come!

THANK YOU

To Ruth Dietsch & the Holiday
Foods Gala Committee for their
hard work and amazing event!

Helpers & desserts needed for Box
Lunch Fundraiser. Bring desserts
and help set up on December 7,
help box up and deliver orders on
December 8. Call Brooke or Julie for
more info.

**Carlisle County Homemakers
Council Meeting**

**Monday, January 8th
4:30pm**



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>



FALL
Thanksgiving
FAMILY 
THANKFUL
BLESSINGS
TOGETHER
gratitude 



Party Line Corner

Want reminders sent
directly to your cell?

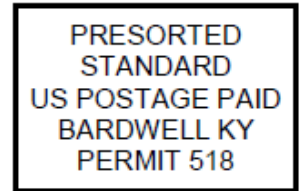
Join our REMIND group to be added to the
Homemakers Message List! It's easy!
Simply text @ccexthome to 81010.



Cooperative Extension Service

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

College of Agriculture,
Food and Environment
Cooperative Extension Service



RETURN SERVICE REQUESTED

**Healthy Homes.
Healthy Families.**



It starts with us

