

HOMEMAKER HAPPENINGS

October 2010

Cooperative Extension Service

Monroe County

1194 Columbia Avenue

Tompkinsville, KY 42167

(270) 487-5504

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Note for the Desk of Lara

Hey Homemakers! Hope all is well in your households this week. I'm in the process of putting my kitchen back in order after repairing the floor from dishwasher water damage. Yay me...I now have a new ceramic tile floor and dishwasher...my pocketbook is a little lighter now. I got back from my professional development conference in Portland, Maine over the weekend just in time to experience the record

breaking September heat wave:) As for what is upcoming in Extension Homemakers in the coming months we've got several things planned in celebration of Homemaker Week, an overnight homemaker trip to IN, homemaker leader lessons, and much more. Call me if you have questions.

Sincerely

Lara Savage

Family and Consumer Science

Extension Agent

Message from Shirley Wilson

Leadership Development Chairman

As a good citizen we have the responsibility to pay attention to what is happening around us. Too many people do not vote, attend forums or official meetings, or even read about local issues in the newspaper.

Whether it is a pot hole in your street, taxes in your city or state, or the election of officials, your voice can affect what happens. There were 2,857,231 registered voters in Kentucky for the 2008 primary election. Of those voters, 53% are female and 47% are male. Only 33.7% of these registered voters actually voted. If you want your voice to be heard in the upcoming years please exercise your right to vote on November 2, 2010.

If you're not sure who to vote for on November 2nd, then come to the Candidate Forum on October 14th

at the Monroe County High School Commons Area. A "Meet and Greet" starts at 5:30 p.m. and the forum kicks off at 6 p.m. The Monroe County Chamber of Commerce is hosting the candidates for County Judge Executive, Tompkinsville Mayor, Tompkinsville City Commission, Monroe County Sheriff, and District Judge.

If you have a question for one of the candidates submit your question to Susan Turner at the Extension Office by October 7th. Please specify who the question is directed for (mayor, judge executive, commissioners, sheriff, judge).

Remember its your right to vote, so please come and hear what the candidates each stand for, so you can make the best decision at the polls.

Message from Charolette Arnett

Food Nutrition Health Chairman

On Wednesday, October 20 at 12pm we will host an Ovarian Awareness of Kentucky (OAK) luncheon.

Notice I said luncheon so yes that involves food and the best part, it's **FREE!!**

Ovarian cancer survivor Ann Miller and former Monroe Countian Pat Isenberg will be our speakers. Pat was with us a couple years ago and I know you will enjoy hearing from her again.

Please RSVP before Oct. 15th by calling me at 487-5504. This will be in conjunction with the Oct. Chamber Ladies Luncheon so call in soon to make sure you have a meal reserved.

Things To Do:

Deadline to Sign-up for Area Annual Day Oct. 1

Lara needs **PECAN ORDERS** ASAP (Cost will be \$7.50 per bag this year)

Deadline to Sign-up for AARP Class Oct. 4

Come to the "Mixer" Sponsored by Sunshine Homemakers Oct. 11th 3-5 p.m.

Deadline to Sign-up for Craft Club Decorative Tile Craft Oct. 12th

Deadline to Sign-up for Ovarian Cancer Awareness Luncheon Oct. 15th

October 15 Pay Deposit for Little Nashville & Edinburgh, IN Trip

Sign-up for Ovarian Cancer Screening Trip is ongoing until full.



Dear Extension Homemaker,

You are cordially invited to a “Mixer” sponsored by the Sunshine Homemakers. This “Mixer” is a social come and go event to showcase our Extension Homemaker Clubs to the community while honoring your hard work and dedication to Extension Homemakers in Monroe County.

Please feel free to invite non-extension homemaker members to the “Mixer” that you feel might benefit from joining our membership. We have included 2 postcards for your convenience to help spread the word about the “Mixer”. Please invite your close friends and relatives to spread the great news of Extension Homemakers.

Your hostesses are the members of the Sunshine Extension Homemaker Club.

Date: October 11, 2010

Time: 3:00 p.m. — 5:00 p.m.

Why the “Mixer”? This will help us network, exchange ideas, and enjoy each others company!



For more information please contact Dawn Scott at LD.Scott@ky.gov or Lara Savage at 487-5504.

Schedule of Events

- October 1 Deadline to sign-up for Area Annual Day
- October 4-8 Monroe County Schools Fall Break
- October 4 deadline to sign-up for AARP Driving Class (AARP members \$12, non \$14)
- October 5 AARP Driving Class
- October 12 Scrapbook Club Meeting 6:00 p.m. Extension Office
- October 12 Craft Club RSVP deadline for Decorative Tile Craft, cost \$6.00
- October 14 Monroe Co. Chamber of Commerce Candidate Forum—Meet & Greet 5:30 p.m. and Forum 6:00 p.m.
- October 14 Health Department Baby Bash for new moms 12:00 p.m.
- October 15 RSVP deadline for Ovarian Cancer Awareness Luncheon
- October 17 4-H St. Jude Walk-a-thon & Second Sunday Booth
- October 18 Craft Club 6:30 p.m. (Please RSVP for decorative tile by Oct. 12th)
- October 20 Ovarian Cancer Awareness Luncheon at Extension Office 12:00 p.m. (RSVP by Oct. 15)
- October 21 Mammoth Cave Area Homemaker Area Day Barren County (RSVP by Oct. 1)
- October 23 Quilt Club 9:00 a.m.
- November 1 County Homemaker Council Meeting 4:30 p.m.
- November 1 Holiday Gathering 6:00 p.m.
- November 3 County Homemaker Leader Lesson 2:00 p.m.
- November 9 Jewelry Making 101
- November 16 Diabetes Health Fair—Monroe County Family Wellness Center 3-5 p.m.

OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 AARP Driving Class 9 a.m.-1p.m.	6 Drop off Cultural Arts entries for Area Contest	7	8	9 Gamaliel Autumn Festival & Quilt Show
10 Extension Homemaker Week	11 Mixer 3-5 p.m.	12 Scrapbook Club Meeting 6:00 p.m.	13	14 Candidate Forum 6:00 p.m.	15	16
17 4-H St. Jude Walk- a-thon & Second Sunday 2-4 p.m.	18 Craft Club 6:30 p.m.	19	20 Ovarian Cancer Luncheon 12 p.m.	21 Area Annual Day	22	23 Quilt Club 9 a.m.
24	25	26	27	28	29	30
31 Happy Halloween	November 1 Co. Council 4:30 p.m. & Holiday Homemaker Gathering 6:00	November 2	November 3 Co. Homemaker Leader Lesson 2:00 p.m.	November 4	November 5	November 6



'Tis the Season to visit Little Nashville and Edinburgh, Indiana



Board a chartered on Friday, December 10, at 8:00 a.m. for a fun packed Homemaker getaway.
We will be return around 7:00 p.m., Saturday, December 11th.

Tentative Agenda

- Board the bus at Wal-Mart 8:00 a.m. CST on Friday, December 10th
- Arrive at Little Nashville, IN
- Shop the unique specialty shops
- Dinner at the Holy Cow Steak House
- Attend "A Brown County Christmas" at the Coach Light Playhouse 7:30—9:30pm
- Arrive at the Holiday Inn Express in Edinburgh, IN, 10:15pm
- Sleep In and have breakfast -- Board the bus Saturday
- Arrive at the Edinburgh Outlets Mall (receive free coupon book)
- Shop & eat on your own
- Mega Cavern Lights under Louisville
(It's a 30-40 minute ride through part of 17 miles of underground passageways, which will feature double the lighted displays from last year with triple the animation)
- Stop for a quick dinner
- Return to Wal-Mart by 7:00 (CST)



45 Seats Available

Cost:

2 people per room \$107 per person

3 people per room \$91 per person

4 people per room \$83 per person

- ✓ Travel, show, room, breakfast and Mega Cavern Tour included in price.
- ✓ You will be on your own for 2 lunch and 2 dinner meals.
- ✓ For non homemaker member add \$10 to total fee
- ✓ **Deposit of \$50 due by October 15, with balance due by November 10.**
- ✓ A \$40 fee will be retained if you cancel after Nov. 1st



This would make a wonderful Christmas gift for mother/daughter/mother in law!!

MAMMOTH CAVE AREA EXTENSION HOMEMAKERS

An excellent opportunity to get a head start on your holiday gifts

JEWELRY MAKING 101

A HANDS ON WORKSHOP

COST:

\$4.00 per item or \$12.00 for all four items



November 9, 2010

2:00—6:00 pm

Barren County Extension Office

Fun & Learning

OPEN HOUSE FORMAT

Come and go as your schedule allows!

Make one item or make all four!

- Polymer Clay Millefiori pendant or brooch
• Glass bead earrings
• Button Bracelet*
• Button Ring

MAMMOTH CAVE AREA EXTENSION HOMEMAKERS

Monroe County Cooperative Extension Service
1194 Columbia Avenue
Tompkinsville, KY 42167

Phone:270-487-5504
270-487-6176 555-555-5555
E-mail: Valerie.Hudson@uky.edu

Jewelry Making Workshop Registration

Name _____ County _____

Address _____

Phone _____ email _____

I wish to complete the following item(s): (\$4.00 per item or all items for \$12.00)

Check all that apply

___ polymer clay millefiori pendant ___ button bracelet*

___ glass bead earrings ___ button ring

___ I will make all four items

*If you would like to bring your own buttons (12-14 depending on wrist size/button size) there will be no charge for making this item.

Amount enclosed: _____ Registration DUE : November 1, 2010 to Barren County Extension Office

Make checks payable to Mammoth Cave Area Extension Homemakers



Join the 2S Booth at the 4-H St. Jude Walk-a-thon!



Where: Monroe Co. High School Football Stadium
 Date: October 17, 2010
 Time: 2:00-4:00 p.m.
 Who: Anyone
 What: FREE prizes & activities for all
 More Info Contact:
 Lara Savage
 487-5504

2nd Sunday is a statewide event that encourages all forms of physical activity within the local community, and is designed to get Kentuckians moving.



Cultural Arts Contest

Pictured here is a photo from our local contest this year. Look in next month's newsletter for a complete listing of winners.



4-H Youth Development



Around n About Home-maker members Connie Brown, Sherry Crawford and Shirley Wilson recently visited the 4-H Baby-sitter's Club to demonstrate how to "tack" a quilt. Members tacked three quilts made by Betty Grider and will be donated to Vanderbilt Children's Hospital & Camp Courageous.

Homemaker Holiday Gathering

This year we'll be hosting the Homemaker Holiday Gathering again. The date has been set for November 1, 2010 at 6:00 p.m. Please mark your calendars and save the date to come and enjoy an evening of fun, food, friendship, and holiday crafts. More details about this event will be mailed to you later in the month when the plans have been finalized.

Homemaker Leader Lesson

The next Homemaker Leader Training Lesson has been set for November 3 at 2:00 p.m. Tracy Thornton of Butler County will be presenting a lesson on The Way of Peace—Relieving Stress. Please come and support Tracy on November 3th.

Attention All

Homemaker Members

DUES...DUES...DUES...\$8.50

Club Dues are due to the Extension Office by November 1, 2010. Dues are \$8.50.

If you are a member of a club please pay your club treasurer & then the club treasurer will submit one check to the Extension Office.

If you are an At-Large Member please complete the enclosed enrollment sheet and return it with your dues payment.

Special Interest Club Meeting Dates

Craft Club

We're in the process of organizing a craft club. Our first meeting is October 18th at the Extension office at 6:30 p.m. Come if you are interested in learning to make new crafts. If you want to participate in the first craft please RSVP by Oct. 12. The craft is a decorative tile and it will cost \$6.00. More info call Lara 487-5504.

Quilt Club

We're starting back up again after a short summer break. Our next meeting will be October 23 at 9:00 a.m. Questions please contact Linda Spear at 487-0062 or Janice Short 427-4438.

Scrapbook Club

Our next meeting will be October 12 at 6:00 p.m. at the Extension office. For information about what is on the agenda please call Kim at 487-5504.

ADULT HEALTH BULLETIN

OCTOBER 2010

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



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Treatment for a stroke

- **Emergency care:** if you get to a hospital within 3 hours of an ischemic stroke the healthcare provider may give a medication to break up blood clots. If it is a hemorrhagic stroke, the healthcare provider may have to do surgery to stop the bleeding.
- **Prevention of another stroke:** if you have had a stroke, you are at high risk for another. The healthcare provider may ask you to change your diet, exercise habits, or other lifestyle habits, as well as give you a prescription for medication.
- **Rehabilitation:** if you have had a stroke you will need to go through physical therapy to make sure you regain any skills you may have lost during your stroke.

After you have had a stroke, you may still suffer from the following:

- Paralysis on one side of your body
- Weakness on one side of your body
- Problems with thinking, awareness, learning, judgment, and memory
- Problems forming certain words or speech
- Difficulty expressing or controlling emotions
- Pain in hands or feet, especially with temperature changes
- Depression

Stroke victims vary in race

- African-Americans are almost twice as likely to have a stroke as caucasians.
- Both African-Americans and Hispanics are more likely to die after a stroke than caucasians.

Stroke risk differs by age

Although risk increases the older we get, nearly one in 25 strokes occur in someone who is under the age of 65.

**THIS MONTH'S TOPIC:
STROKE**

Every 40 seconds, someone in the United States has a stroke. Stroke is the 3rd leading cause of death in the United States. People of all ages and backgrounds can have a stroke.

Common signs and symptoms of a stroke are:

- Sudden numbness or weakness of the face, arm, or leg
- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, trouble walking, or loss of balance and coordination
- Sudden severe headache with no known cause

If you notice any signs or symptoms of a stroke – CALL 911 IMMEDIATELY! The chance of survival and recovery from a stroke is much greater if you receive immediate emergency service.

Types of stroke

- **Ischemic stroke:** almost 85 percent of strokes are this type. During this type of stroke the blood flow to the brain is blocked.



It can be blocked by either blood clots or fatty deposits in the blood vessels.

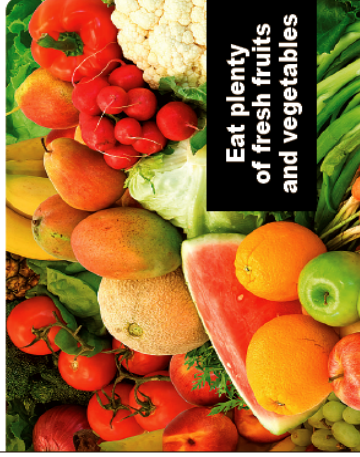
- **Hemorrhagic stroke:** this happens when a blood vessel bursts in the brain. The blood can pool and put pressure on the brain.

Continued on the back →

If you notice any signs or symptoms of a stroke, call 9-1-1 immediately!

You can prevent a stroke by making healthy choices

- Eat a healthy diet – eat plenty of fresh fruits and vegetables
- Maintain a healthy weight – if you are overweight or obese your chances of stroke are higher
- Be active – being active can help in managing your weight
- Do not smoke – cigarette smoking increases your chance of stroke
- Limit alcohol use – excessive amounts of alcohol increases blood pressure which can increase your chances for a stroke



Eat plenty of fresh fruits and vegetables

SOURCES:

- Centers for Disease Control and Prevention: <http://www.cdc.gov/stroke/>
- National Stroke Association: <http://www.stroke.org>

ADULT HEALTH BULLETIN
OCTOBER 2010

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Download past health bulletins!
www.ca.uky.edu/HEEL/Bulletins

