



March

# Homemaker Happenings

## A Note from the Desk of Lara

Hey All,  
Spring is almost here! Things are starting to pick up at the Extension Office. This issue of the Homemaker newsletter is full of details about upcoming events. I challenge you to participate in the planned activities and events especially Loretta's International Night and the Dinner & Play supporting local youth.

Sincerely,  
*Lara Savage*

Lara Savage  
Extension Agent



Loretta Lyons  
International Chairman Presents:



## Homemakers Gone Wild... Again

Homemaker International Night  
Friday, March 19, 2010  
Joe Harrison Carter Elementary School  
Meeting starts at 6:30 p.m. with a meal & program presented by the KEHA President Linda Kaletch and KEHA International Chair Linda Hafin.

### Heat Your Home Safely

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

- Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use— don't substitute.
- Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.
- Store a multipurpose, dry-chemical fire extinguisher near the area to be heated.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector and never using generators, grills, camp stoves, or similar devices indoors.



## *3<sup>rd</sup> Annual Dinner and Play*

*March 6, 2010*

*Dinner at 5:00 at the Extension Office*

*Play at 7:00 at Monroe Youth Theatre*

*to see*

***“You can’t take it with you!”***

*Dinner and Play is \$13.50 per person*

*Sign up by March 4, 2010 at the Extension Office*

*Dinner will be Meat and two with Dessert, Sponsored by: Teen Leadership 4-H Club*



County Homemaker  
Council Meeting

**March 1, 2010**

**5:00 p.m.**

Calling all homemaker council  
Officers and chairmen...please join  
us at our next meeting.

*ScrapBooking*

Friday Night Fun...Fun ..Fun.... The  
Scrapbooking was a great success the  
ladies had so much fun they are doing it  
again March 12, 2010 @ 6:00 p.m. at the  
Monroe County Extension Office. Come join  
the fun. March Class is going to be double  
the fun — card making and/or scrap a two  
page layout. You can decide...just call and  
let Kim know which you plan on doing and  
she tell you the supplies you need.

# March Leader Lesson

**March 2nd - 1:30pm**

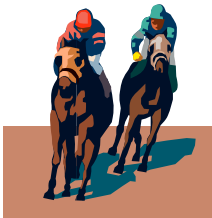
Monroe County Extension Office

## Secret to Food Labels

**Instructor:**

Kathy Jump

# 2010 Derby Breakfast



Details to come Soon!  
May 1, 2010.

# Area Homemaker Lesson

April Homemaker lesson will be:

- March 30 Warren Co. Extension Office @ 5:30 p.m.
- March 31, Barren Co. Extension Office @ 10:00 a.m.

## Be Money Wise! Accessorize!

Will be the topic of the lesson.  
Mammoth Cave Area FCS agents will be presenting the lesson.

# Need help with your taxes?



**March 3, 2010**

**9:30 a.m.-2:30 p.m.**

Get help filing your taxes this year from AARP tax certified personnel. By calling 487-5504 to make an appointment.

# SEWING WORKSHOP

Barren County Extension Office  
**"Come Sew With Us"**

Tuesday, March 16, 2010 9:00-4:00

Pre-registration by is due by:

**Monday, March 8th.**

# Free Workshop

Spring Cleaning: "Clutter Free Living"  
Come learn how to Trash it, Toss It & Treasure it on March 11th at the Monroe Co. Extension Office at 5-6

# Spring Fling Homemaker Trip

April 9, 2010

- Lunch at a unique location
- Shopping
- Cumberland County Play House
- Lara the "Tour Guide"
- All for \$45.00

Don't miss the fun sign up today. I only have a few seats left. Deadline is March 9th.

# Add up the Savings

During March come to the Extension Office and "Learn to Grow Your Own Food". For more information please call 487-5504 for more details about this event. Stop by the office and sign-up to win seeds for your garden this summer.

# KEHA State Meeting



**May 10-13, 2010**  
Hyatt Regency  
Lexington, KY

**Reservations:**  
859-253-1234 or  
1-800-233-1234

**Ask About:**  
KEHA Group Rate  
Rate: \$109 + tax



The Fort Harrod Area is excited to host the KEHA State Meeting at the Hyatt Regency and Lexington Convention Center. Tours and sessions will give you a true taste of *All Things Kentucky*.

**Notice:** Late fees will apply for registrations with a USPS postmark after April 9. Any registration with a USPS postmark after April 23 will be returned. This is necessary to allow processing time for workshops, tours and learning sessions.

**Thank You.**

New State KEHA Newsletters are in the mail should arrive soon.



## Details:

Travel is on your own or carpool.

Supplies & Room:  
(Based on number per room)

- 1 person—\$ 59.76
- 2 people—\$34.58
- 3 people—\$26.39
- 4 people—\$22.29

We will meet at the Hearthstone Inn at 6:00 p.m. then go as a group to eat dinner. Dinner is not included in price. Different activities will be going on throughout the night. You can do as much or little as you want!



Your invited to: *A Slumber Party*

When: *April 16, 2010*

Where: *Hearthstone Inn  
605 Hwy 52 By-Pass  
Lafayette, TN*

Time: *6 p.m.-11 a.m.  
Saturday morning*

RSVP: *April 5, 2010  
487-5504*

*Join us for a night full of fun,  
games, laughter, crafts, surprises.*



**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](http://www.ca.uky.edu/HEEL)



# ADULT HEALTH BULLETIN

**MARCH 2010**

## THIS MONTH'S TOPIC: HYPERTENSION

**B**lood pressure is the force of blood through the body in arteries. High blood pressure often has no signs or symptoms. The only way to find out if you have high blood pressure is to be tested for it. Many Americans do not fully understand the value of the information held in these two numbers.

**What do the Numbers Mean?**

Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). The systolic number is on top and the diastolic number is on the bottom. For example, normal blood pressure is written as 120/80 mmHg (millimeters of mercury) and expressed verbally as “120 over 80.”

**What Is a Normal Blood Pressure?**

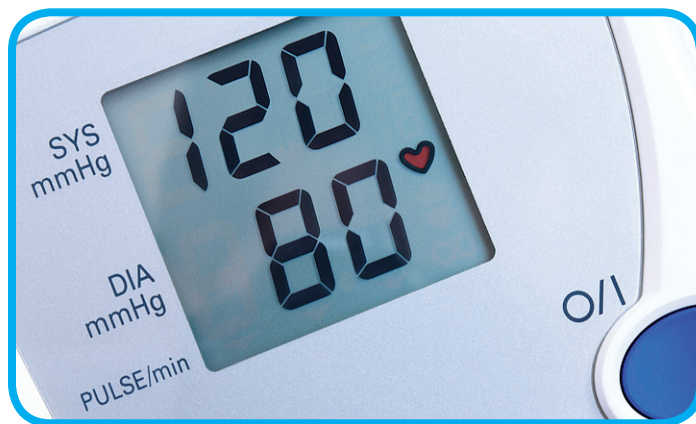
The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure has classified blood pressure measurements into several categories:

“Normal” blood pressure – Systolic pressure less than 120 and diastolic pressure less than 80 mmHg

“Prehypertension” – Systolic pressure of 120 to 139 and/or diastolic pressure of 80 to 89 mmHg

**Stage 1 Hypertension** – Blood pressure greater than systolic pressure of 140 to 159 and/or diastolic pressure of 90 to 99 mmHg or greater

**Stage 2 Hypertension** – Systolic pressure of 160 or greater and/or diastolic pressure of 100 mmHg or greater



**How is Hypertension Diagnosed?**

Most doctors will diagnose a person with high blood pressure based on two or more elevated readings that are taken on several occasions. A consistent blood pressure reading of 140/90 mmHg or higher is considered high blood pressure, another term for hypertension.

**Why are the Numbers Important to Us?**

High blood pressure is dangerous because it makes the heart work too hard. It also makes the walls of the arteries hard. High blood pressure increases the risk for heart disease and stroke, the first- and third-leading causes of death for Americans. High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness.

**Continued on the back** ➔

## *A 10-minute walk once a day will put you on the path to better health.*

### CONTINUED FROM PAGE 1

#### Treatment

Adopting healthy lifestyle habits is an effective first step in both preventing and controlling high blood pressure. If lifestyle changes alone are not effective in keeping your

**High blood pressure is dangerous because it makes the heart work too hard. It also makes the walls of the arteries hard.**

pressure controlled, it may be necessary to add blood pressure medications. Your healthcare provider may prescribe more than one medication to get your blood pressure controlled. It is important that you take the medication as prescribed and tell the provider of any and all other medications you may already take. Once high blood pressure develops, it usually lasts a lifetime. The good news is treatment can control high blood pressure.

#### Prevention

Lifestyle changes can prevent and control high blood pressure. You can prevent and control high blood pressure by taking action. These include:

- Losing weight if overweight (losing 10 pounds can help)
- Increasing physical activity (walking 30 to 60 minutes each day)
- Following a healthy eating plan that emphasizes fruits, vegetables, and low-fat dairy foods
- Choosing and preparing foods with less salt and sodium
- Stopping the use of tobacco products, especially smoking cigarettes
- Limiting the use of alcoholic beverages. If you drink, drink in moderation.

If you are pregnant make sure you are under a doctor's care. High blood pressure is a major cause of complications in pregnancy.

Reduce your risk with physical activity. Regular physical activity can reduce your risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. Physical activity doesn't have to be difficult or take up too much time. A 10-minute walk once a day will put you on the path to better health.



#### SOURCES:

- <http://www.cdc.gov>
- <http://www.nhlbi.nih.gov>
- <http://www.hrsa.gov>
- <http://www.webmd.com/hypertension-high-blood-pressure/guide/frequently-asked-questions>

Adapted from the August 2005 HEEL Health Bulletin

## ADULT HEALTH BULLETIN

MARCH 2010

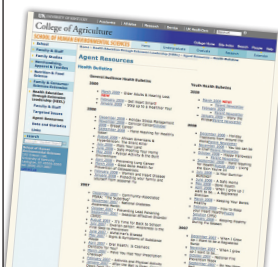
Written by: Travonia Brown-Hughes, Ph.D., MCH Postdoctoral Fellow, University of Kentucky HEEL program

Edited by: Connee Wheeler

Designed by: Rusty Manseau

#### Download past health bulletins!

[www.ca.uky.edu/HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)



# April is "All About YOU"

Each Thursday in April come to the Extension Office & learn about how you & your family can be better physically & financially!

We know you lead a busy & fast paced life so come and learn with us for just 1 HOUR either during our Lunch & Learn sessions or after work during our Alive After 5 sessions.

## April 1, 2010

- Alive After 5 @ 5:00 p.m.
- Topic: **Fad Diets**

## April 8, 2010

- Lunch & Learn @ 12:00 p.m.
- RSVP by April 6th
- Topic: **Cooking for One or Two**

## April 15, 2010

- Alive After 5 @ 5:00 p.m.
- Topic: **Couponsing 101**

## April 22, 2010

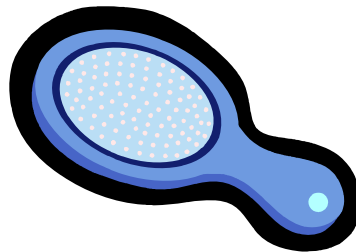
- Lunch & Learn @ 12:00 p.m.
- RSVP for Lunch by April 20
- Topic: **Add up the Savings: When Shopping for Food**

## April 29, 2010

- Alive After 5 @ 5:00 p.m.
- Topic: **Home is Where the Health is...Create "Family Glue" and Build a Healthy Happy Home.**

Our Address is 1194 Columbia Avenue in Tompkinsville, KY.  
We are across the road from Pizza Hut & the Mexican Restaurant.

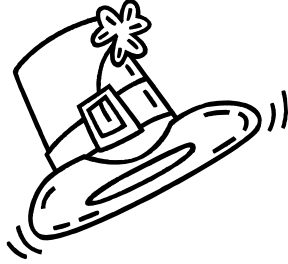
*Home Is Where  
the Health Is*



**Raising Kids, Eating Right, Spending Smart & Living Well**

# U.S. Census 2010

Apply now to be a census taker!  
Testing is here at the Monroe County  
Extension Office Tuesday and  
Thursday at 1:00 p.m.  
[www.2010censusjobs.gov](http://www.2010censusjobs.gov)



# Upcoming Events

- County Homemaker Council Meeting March 1 @ 5:00 p.m.
- Leader Training March 2 @ 1:30 p.m.
- AARP Tax Workshop March 3rd from 9:30-2:30 p.m.
- Dinner & Theater March 6th @ 5:00 p.m.
- Scrapbook Meeting March 12 @ 6:00 p.m.
- Quilt Club monthly meeting March 13 @ 8:00 a.m.
- Sewing Workshop in Barren County March 16
- Spring Fling Homemaker Trip April 9
- KEHA State Meeting May 10-13

COOPERATIVE  
EXTENSION  
SERVICE

**Cooperative Extension Service**

*University of Kentucky  
Monroe County  
1194 Columbia Ave.  
Tompkinsville, KY 42167*

**UK**  
UNIVERSITY OF  
**KENTUCKY**  
College of Agriculture

RETURN SERVICE REQUESTED