

CALDWELL COUNTY

HOMEMAKERS

August-September 2024

Newsletter

 Cooperative
Extension Service



Save the Date!

August 9

Laugh & Learn

August 12

Wits Workout
(Senior Center)

August 15-25

Kentucky State Fair

August 27

Roberts Rules Refresh

August 29

Last Day for Early Bird
Banquet Rate



Things to think about for the new homemaker year:

*How can your club expand
your reach to “cover more
ground” in the community?*

*What can you do to prepare
for what your journey holds--
today, tomorrow, and the
future?*

Ashley Board

Caldwell County Extension Service
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Princeton KY 42445

270-365-2787
ashley.board@uky.edu

Save the Date!

September 5

Last Day to Purchase
Banquet Ticket

September 6

Laugh & Learn

September 9

Wits Workout
(Senior Center)

September 12

Homemaker Council

September 12

Homemaker Banquet

September 16

Bingocize Begins
(George Coon)

October 1

Self-Care

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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HOMEMAKER UPDATES



2024-2025 Leader Lessons

Each lesson will be offered twice via Zoom. A watch party will be held at the Extension Office for the morning session. The PM session will be offered via Zoom only. Lesson leaders will receive Zoom links via email prior to the sessions. If you are not a lesson leader and would like the link, email ashley.board@uky.edu.

September Lesson: Roberts Rules Refresh (taught by Muhlenberg County FCS Agent Alex Kelly)

AM Watch Party at the Extension Office: August 27, 2024, at 10:00 am

PM Zoom Only: August 27, 2024, at noon

How do you rate your skills in using Robert's Rule of Order? Could you use a refresher to be sure you know the basic parliamentary procedures that can improve the effectiveness of any business meeting? Join us in brushing up on our skills in this lesson on Roberts Rule of Order!

October Lesson: Self-Care-Meaningful Social Connections (taught by Todd County FCS Agent Jill Harris)

AM Watch Party at the Extension Office: October 1, 2024, at 10:00 am

PM Zoom Only: October 1, 2024, at 5:30 pm

This lesson will examine strategies for making social connections a part of self-care, which helps overall well-being and life quality.

Homemaker Council

The Homemaker Council will meet September 12, 2024, at 10:00 am, at the Caldwell County Extension Office. Note: This is a change from our normal schedule. If you are unable to attend, please send a representative from your club.

Caldwell County Homemaker Banquet

The Caldwell County Homemaker Banquet will be held September 12, 2024, at 6:00 pm, at the Caldwell County Extension Office. Each club is asked to donate a door prize ranging in price from \$15-25. Clubs are invited to decorate a table. The meeting room will be open from 8:00-9:30 and 11:30 - 4:30 for decorating the day of. If your club would like to decorate a table, let Ashley know. We will enjoy a meal and fellowship, distribute awards, and install the 2024-2025 officers. Mitzi Travis will cater. Tickets are \$15 if purchase by August 29. After August 29, tickets will be \$18. The last day to purchase a ticket is September 5.

Pennyrile Area Annual Meeting

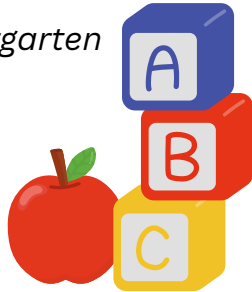
The Pennyrile Area Annual Meeting will be held October 18, 2024, in Grand Rivers. More details to come.

LAUGH & LEARN PRESCHOOL PLAYDATES

August 9 & September 6
10:00 am

Caldwell County Extension Office

Laugh & Learn is for children ages 5 and under and is designed to build kindergarten readiness skills through play. Call 270-365-2787 to sign up. Children must be accompanied by an adult.



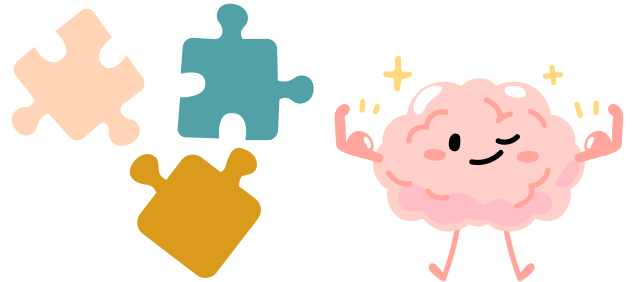
Wits Workout

August 12 & September 9

10:00 am

Frank P. Giannini Senior Center

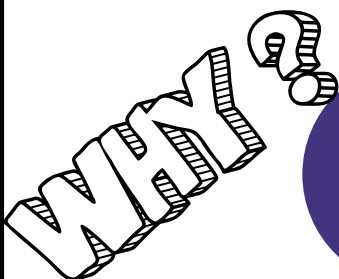
An engaging, interactive, and educational brain health program.



Mondays & Thursdays September 16 - November 7

George Coon Public Library
2:00 pm

Register by September 11
270-365-2787
270-365-2884



Fun

Prizes

Free

Bingo

Socialize

The Do's and Don'ts of Fall Prevention

Falls continue to be the leading cause of injury and injury-related death for adults age 65 and older. As many as 1 in 4 older adults report a fall each year. Many more falls go unreported. Falls can require medical treatment, cause injury, restrict activity, create fear of falling, influence placement into long-term care, and promote social isolation and dependence. Falls can even result in death.

During fall prevention month, educate or remind yourself of different ways to prevent falls.

Do:

- Get regular medical checkups to review medications, check vision, monitor blood pressure and heart health, and evaluate foot health, including proper footwear.
- Exercise at least 150 minutes a week and participate in activities that improve balance and strength.
- Create a safe, clutter-free space at home. This includes removing things you can trip over, keeping items in cabinets you can safely reach, properly installing grab bars in bathrooms, and improving lighting.
- Use nightlights at night.
- Eat healthily.
- Get proper sleep.
- Use mobility aids and learn how to use them properly when needed.

Don't:

- Stand on chairs or stools to reach things
- Drink alcohol or smoke
- Run extension cords across floors or rearrange furniture
- Wear ill-fitting shoes, high heels, or shoes without non-skid soles
- Wear old prescription glasses
- Be too afraid to exercise
- Use mobility aids improperly
- Avoid exercise, strength, and balance training

You can prevent falls. Taking precautions such as regular health-care appointments, exercise, medication management, and making changes in your home are small ways to maintain health, safety, and independence.

Source: Amy Kostelic, associate Extension professor adult development and aging

Reference: CDC (2023). Older Adult Fall Prevention. <https://www.cdc.gov/falls/index.html>

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