

CALDWELL COUNTY HOMEMAKERS

April - May 2025
Newsletter



 Cooperative
Extension Service

Save the Date!

April 14

Wits Workout
(George Coon)

April 24

Community Baby Shower
(Butler Lawn)

April 28

Move your way:
Exercise For Everyone
(In Person)

April 29:

Move Your Way:
Exercise for Everyone
(Zoom Only)

April 29:

Homemade Series:
Breakfast

May 1

Homemaker Council
Meeting

May 2

Laugh & Learn



*I long to accomplish
great and noble tasks,
but it is my chief duty
and joy to accomplish
humble tasks
as though they were
great and noble.*

~Helen Keller



Ashley Board

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Save the Date!

May 6

All Booked
(George Coon)

May 6-8

KEHA Annual Meeting

May 12

Wits Workout
(George Coon)

May 14

Sit N sew

May 28

Creating Welcoming
Communities (Zoom Only)

May 29

Creating Welcoming
Communities (Watch Party)

May 29

Living with Alpha-Gal
Syndrome (Watch Party)

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.

May Lesson: Move Your Way: Exercise for Everyone (taught by Ashley Board)

In Person: Caldwell County Extension Office: April 28, 2025, 10:00 am

Zoom Only: April 29, 2025, 10:00 am or Noon

This lesson focuses on non-impact exercises, specifically seated movements to help improve balance, posture, muscular strength, and ability to perform daily living activities.

June Lesson: Creating Welcoming Communities (taught by Crittenden County FCS Agent Rebecca Woodall)

AM Watch Party at the Extension Office: May 29, 2025, 10:00 am

PM Zoom Only: May 28, 2025, Noon

This lesson focuses on becoming a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strength of both ourselves and of others and gain an understanding of oppressive experiences and their effects.



Wits Workout

An engaging, interactive, and educational brain health program will be held on April 14, 2025, and May 12, 2025, at 2:00 pm at the George Coon Public Library.

Community Baby Shower

New and expectant mothers are invited to attend the annual community baby shower hosted by the HOPE and COPE centers. This FREE event will be held on April 24, 2025, from 4:30 pm until 6:30 pm on the Butler lawn/gym.

Homemade Series: Breakfast

We're continuing the homemade series by preparing and sampling a variety of breakfast foods. This class will be held on April 29, 2025, at 5:30 pm at the Caldwell County Extension Office. Need 7 participants registered to have class. The cost is \$5 (cash or check only) per person (nonrefundable). Please pay and register at the Caldwell County Extension Office by April 25.

Homemaker Council

The Homemaker Council will meet May 1, 2025, at 10:00 am, at the Caldwell County Extension Office. If you are unable to attend, please send a representative from your club.

Laugh & Learn

Laugh & Learn is for children ages 5 and under and is designed to build kindergarten readiness skills through play. The next Laugh & Learn will be on May 2, 2025, at 10:00 am at the Caldwell County Extension Office. Please call our office at 270-365-2787 to register. Children must be accompanied by an adult.

KEHA Annual Meeting

The KEHA Annual Meeting will be held May 6-8, 2025, at the Hyatt Regency in Lexington. Lodging room blocks are now open for reservations. Room rate is \$149 + tax. Request group code G-KEHA for conference rate when registering by phone at 800-233-1234. Registration details are available in the newsletter mailed from the state. Registration is almost full. They are also online at <https://keha.ca.uky.edu/>.

All Booked Book Talk

The All Booked Book Talk will meet May 6, 2025, at George Coon Public Library at 6:00 pm. The topic this month is an author's first book, a book written over 100 years ago, or current read. Join with others to discuss all things books. You might even discover your next great read.

Sit N Sew

The Sit N Sew Sewing Club will meet May 14, 2025, from 9:00 am - 2:00 pm at the Caldwell County Extension Office. Participants bring a sewing project to work on, as well as, sewing supplies. Socialize with other sewing enthusiasts. Come and go as you please.

Living with Alpha-Gal Syndrome Webinar

Learn more about Alpha-Gal Syndrome and how to reduce your risk. Topics covered include: AGS basics, tick bite prevention, diet and lifestyle management, and a Q/A session. The Caldwell County Extension Office will host a watch party on May 29, 2025, at 6:00 pm until 7:30 pm and provide samples of AGS approved recipes. To register for the watch party, call 270-365-2787. To watch the webinar from the comfort of your home, register online at <https://ukfcs.net/AgS>.



Storytelling Enhances Brain Health

Stories light up our brains. As a result, storytelling and listening to stories can enhance brain health. Stories can lead to the release of various brain chemicals associated with arousal, empathy, and attention. Storytelling stimulates different areas of the brain, which promotes cognitive function, enhances learning and memory, and improves problem-solving. Storytelling also connects us to others. While studying brain activity during storytelling, Dr. Uri Hasson of Princeton University discovered that when a person listens to a story, their brain activity becomes “coupled,” or starts to mirror the speaker’s brain activity. The stronger the “neuro coupling,” the better the listener understands the story. This important finding demonstrates the way in which stories can shape the mind and connect people on a higher level, which leads to overall positive effects on the brain and body.

Hasson, U. (2016). TED Talk. This is your brain on communication. Retrieved 10/10/24 from

https://www.ted.com/talks/uri_hasson_this_is_your_brain_on_communication/transcript?subtitle=en

Stevens, G. J., Silbert, L. J., & Husson, U. (2010). Speaker-listener neural coupling underlies successful communication. *Biological Sciences*, 107 (32), 14425-14430.

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

May is Mental Health Awareness Month

With so much talk about mental health, there are many people who do not fully understand what mental health is, the right language to use when talking about mental illness, or where to go when they or others need mental health help.

What is mental health? According to the Substance Abuse and Mental Health Services Administration (SAMHSA), mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps decide how we handle stress, relate to others, and make choices.

What is mental illness? Mental Illness refers to mental health disorders, such as depression, anxiety disorders, and stress-related disorders. These disorders negatively affect how we feel, think, and act.

How can we end the mental health stigma? Before we can end mental health stigma, there are a few things that we must do:

- Educate ourselves on mental health, signs of mental illness, and where we can go for help.
- Talk openly about mental health and mental illness.
- Be aware of the language we use.
- Keep in mind that mental health is just as important as physical health.
- Show kindness toward those who are experiencing mental illness.

Where can we go when we need mental health help? There are several places where people can seek mental health help. Websites such as [psychologyToday.com](https://psychologytoday.com) and <https://findtreatment.gov/> are great starting points. If you are in crisis, you can contact the Suicide and Crisis Lifeline at 988.

Resources: <https://www.nami.org/education/9-ways-to-fight-mental-health-stigma/>

<https://www.samhsa.gov/mental-health>

<https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist, Mental Health and Well-being

Mental Health is Health

Have you ever heard the phrase, “You are what you eat”? This is true, and the same can be said for our mental health. There are many factors that can impact our mental health. Factors such as our environment, the way we eat, our social connections, and so many other things can affect us. These are called social determinants of health.

Being aware of these factors can help us find new ways to improve our mental health including:

1. **Eating better.** Not only does eating better help with our physical health, but also our mental health.
2. **Being more social.** Having strong social connections is shown to improve our mental health and overall well-being.
3. **Getting more sleep.** Sleep has been linked to improved health, mental health, and overall well-being.
4. **Reaching out to mental health services.** Sometimes, despite making necessary lifestyle changes, we need extra support. Someone working on their physical health might need help from a doctor or medicine. The same is true for mental health.

With these things in mind, start thinking about what might be affecting your mental health. Think about what you can do to make sure you are staying both physically and mentally well.

References

<https://www.commerce.gov/news/blog/2022/10/mental-health-health>

<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

<https://odphp.health.gov/healthypeople/priority-areas/social-determinants-health>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension specialist, mental health and well-being