

Cooperative Extension Service

Clinton County
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April 10, 2023

Dear Clinton County Homemaker:

Hello! I hope you are doing well. Please find the attached details for the Lake Cumberland Area Extension Homemakers Annual Meeting. It would be great if some of our members could attend. Cost is \$15/person and is due to our office by April 19th. Please call our office to register and pay money locally. Your checks can be made to Clinton County Homemakers.

Another Homemakers member only event is scheduled for May 2nd. There is a \$5.00 registration fee to cover supplies. Please let us know if you plan to attend by April 28th. "Bee" sure you make plans to join the fun!

Additional updates will be shared as programs are scheduled. If you have any questions, please do not hesitate to contact me at (606) 387-5404, cell (606) 688-9939, or electronically christy.stearns@uky.edu.

I look forward to seeing you soon!

Sincerely,



Christy N. Stearns

Clinton County Extension Agent for Family & Consumer Sciences Education





-YOU ARE INVITED TO THE-

Lake Cumberland Area
Extension Homemakers Annual Meeting

April 27th, 2023

Registration begins 5:30pm EST
(program will begin at 6pm est prompt)

at the Aspire Center
90 Airport Road
Monticello, KY 42633

Meal:

Savory Stuffed Pork Tenderloin, Sumptuous Stuffed, Turkey Breast,
Smashed Potatoes, Gravy, Home Garden Buttered Corn, Country Seasoned
Green Beans, Sweet Baby Carrots, Spring Garden Salad, Rolls, Delectable
Desserts, and Drinks

Entertainment:

Chautauqua Speaker from KY Humanities Council
Grandpa Jones : Country Music & Comic
Portrayed by: David Hurt

Door Prizes!

Registration Deadline: April 19th, 2023
Registration Fee: \$15

Call your county Extension Office to register.





University of Kentucky
College of Agriculture,
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Homemakers Night Out

May 2nd

5:00 pm



What will we do?

- **Make your own craft bee hive, line dancing demonstrations, light refreshments, & assist with table decorations for KEHA State Meeting**

**\$5 registration fee to cover craft supplies
due by April 28th**



University of Kentucky
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FAMILY CAREGIVER HEALTH BULLETIN



APRIL 2023

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC:

HAPPINESS FOR HEALTH AND WELL-BEING



Happiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.

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Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.

Blue Zones True Happiness Test

Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right.

You will receive personalized results and learn more ways to improve your environment to maximize happiness.



- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

REFERENCES:

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**FAMILY CAREGIVER
HEALTH BULLETIN**

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