ALCOHOL AWARENESS

Did you know that alcohol is considered to be the most commonly used addictive substance in the United States? It is estimated that 17.6 million people have alcohol abuse or alcohol dependence issues, and millions more drink and behave in risky ways.

The National Council on Alcoholism and Drug Dependence, Inc. reports that many adults have a family history of alcoholism or problem drinking. Many children are impacted with approximately 7 million children living in homes where an adult is dependent on alcohol.

It is important to remember that defining an alcoholic cannot be done by what a person drinks or what time of the day they drink it. In fact, it really is not defined by how much a person drinks. Rather, if a person's drinking causes problems, help is needed. Those problems could be due to finances, physical issues and emotional problems. They could happen at work or in the home.

Drinking a lot of alcohol can cause many health problems. Health problems can be both short term and long term. Some of those health problems could be: • Dementia • Heart attacks • High blood pressure

• Liver disease • Depression • Anxiety

Other issues related to problem drinking may include: • Loss of productivity (at work and home) • Increased chance of injury (falls, car crashes) • Increased risk of cancers (mouth, liver, throat) • Increased risk of violence toward family and friends

There is no magic way to help a loved one who is dependent on alcohol. However, there are some things you can do: • Learn all you can about alcoholism and alcohol dependence. This may include looking at trustworthy websites, getting books from the library or talking with others who have experienced alcoholism in their family. • Contact local help to see what services are available. It is not useful to expect a person with an alcohol problem to just stop without help. It is likely they will need some new skills to handle their alcohol dependence. • Speak up and offer support. Talking to the person and showing your concern is important. Show your support for them as they receive treatment. • Know that it is a process. There is no overnight cure.

Community Service Project
April 1st - 29th
Community Service Project for the month of April is a food drive for the Hospice of the Bluegrass. They need snack foods such as nabs, pop tarts, water, cake or cookies, etc. Bring these items to the Extension Office by April 29th. You will earn $100 Funny Money for every package you bring in.

Homemakers Lock-In
April 1st 4:00 pm-11:00 pm
The Leslie County Homemakers are planning a Homemaker Lock-In. During this lock-in, we will be playing Minute to Win It games, doing crafts, and making food for us to enjoy, (all supplies will be provided). Please wear comfortable clothing and bring a change of clothes (some games involve food). Remember this is for paid Homemakers only. If you have any questions please feel free to contact me at 606-672-2154 or 606-438-3090.

Healthy Living with Diabetes
April 4th
See flyer in newsletter

Homemakers Lunch-N-Learn
Credit Score Millionaire Blurb
April 5th - 12:00 p.m.
Did you know that about 50% of all employers use a credit report to help make hiring and promotion decisions? Please join us as we learn all about the importance of a good credit score. Participants will learn how to build a good credit score, will feel confident in their ability to increase your credit score, how to obtain your free credit report, and so much more! Natasha Lucas, Owsley CEA for Family & Consumer Sciences will be presenting this lesson.

Fun with Art
April 7th - 1:00 p.m.
Classes taught by Bernie Bowling. We will be painting Folk Art Tree of Life using cotton swabs and paint brushes absolutely no artistic skills are required. Supplies provided. Please call 672-2154 and register for this workshop. Limited to 10 participants.

Walk Your Way to Better Health
April 8th, 15th, 22nd, & 27th - 2:00 p.m.
See flyer in newsletter

Sewing Workshop: Log Cabin Pot Holder
April 11th - 1:00 p.m.
Supplies provided. Please call 672-2154 and register for this workshop. Limited to 8 participants.

Pinterest Make-N-Take
April 25th - 5:00 p.m.
Please come and enjoy yourself as we sample a delicious dish and decorate a mug with sharpie pens. Please call 672-2154 and pre-register so we will have enough materials for everyone. Class limit to 30.

Community Service Project
May 3rd – 11:00 a.m.
We will be making Chemo Turbans.

Homemakers Lunch-N-Learn - Travel Safety
May 3rd - 1:00 p.m.
Travel Safety taught by Kayla Watts, Breathitt Co. CEA for Family and Consumer Sciences. Being prepared for any travel makes the trip more enjoyable and safe for everyone. This program will help you complete necessary travel arrangements and be prepared if the unexpected happens.

Homemakers’ Meetings

Beech Fork Club Homemakers
April 7th - 4:00 p.m.

Cutshin Homemakers Club Meeting
April 11th - 12:30 p.m.

Hyden Homemakers Club Meeting
April 11th – 5:00 p.m.

Stinnett Homemakers Club Meeting
April 12th - 2:00 p.m.
Homemaker Lunch-n-Learn Tackling Your Laundry

Fun With Art

Homemaker trip to A Mountain Quiltfest

Beech Fork Homemakers Life Story

Truth and Consequences