WEARING CONTACT LENSES

If you have to wear corrective lenses for vision, you may have chosen to wear contacts. Contact lenses can be a great alternative to wearing glasses. However, when wearing contact lenses, you will want to make sure that you are safely handling them on a day-to-day basis, taking care of them and making sure that you visit the eye doctor on a regular basis.

Healthy habits for contact lens wearers

Here are some healthy habits for contact lens wearers:

• Wash hands. Before you ever touch your contact lenses you should wash your hands with soap and water and dry your hands with a clean cloth.
• Water and contact lenses do not mix! Remove your contact lenses before you:
  • Shower or bath
  • Go swimming
  • Use a hot tub
• Remove contacts before you go to sleep. There are some contact lenses that you can sleep in, but if you are not sure about your lenses, talk to your eye doctor.

Taking care of your lenses

Part of taking care of your contact lenses is to make sure that the supplies you use to clean them are taken care of properly.

• Clean your contact lenses. Only use the contact lens disinfecting solution to rub and rinse your contacts. You should clean your lenses each time you remove them. Do not use water or saliva to clean your contact lenses.
• Replace lenses as recommended. Your doctor will tell you when you should replace your contact lenses.
• Clean your contact lens case. Contact cases should be cleaned with the contact lens solution, not water. Once you have put in the solution and rubbed the case clean, empty any remaining solution and wipe with a clean tissue. Store the case upside down with the caps off. You should do this after use of the case. Also, you should replace your contact lens case every three months.
• Use the solution recommended by the eye doctor. Talk to your doctor about contact lens about who will be traveling with you and any medications that they may need. It is also a good idea to be prepared for illness when you are gone. If you have a first aid kit, make sure that it has a thermometer and medicine that can help if someone gets sick. There are many ways to make sure that you have a great summer. But no matter what you do this summer, make sure you are being safe.

For more information contact Nanette S. Banks, Leslie County Family and Consumer Sciences Agent. Source: www.ca.uky.edu/HEEL/Bulletins August 2016
What’s Coming Up in Extension?

Homemakers’ Volunteer Service Hours
August 1st – 4:00 p.m.
Volunteer service hours needs to be turned in.

Homemakers’ Trip to Cumberland Falls
August 2nd - 8:00 a.m.
We will be taking a Homemakers’ trip to Cumberland Falls State Resort Park also known as the “Niagara of the South” to see the 125 foot wide waterfall. Wear Please wear appropriate clothing and shoes as we will be doing quite a bit of walking. Also bring your camera to take pictures of the falls of nature. We will leave at 8:00 a.m. hike to the Falls, eat lunch and stop off at Joann’s. Please call 672-2154 and register.

Walk Your Way to Better Health & Wealth
August 5th, 12th, 19th, & 26th - 1:00 p.m.
August 29th – 12:00 p.m.
This will be an eleven week program focusing on physical activity and how to eat better. Wear appropriate clothing and shoes; walking indoors on 3rd floor to a walking video; receive financial tips weekly; receive exercise log, complete and turn in weekly to be entered into a drawing. Please call 672-2154 and register for this workshop.

What’s Cooking
August 9th - 5:00 p.m.
Come and enjoy an evening learning about the healthy benefits of Honey and Cantaloupe. We will be making and sampling Melon Berry Smoothies and Glazed Cantaloupe Bread. Please call 672-2154 and register for this workshop so we will have enough supplies.

Home Freezing Basics
August 12th – 11:30 a.m.
You will learn how to utilize the best containers, packaging and labeling techniques (during the freezing basics session). Ho to practice safe thawing techniques and review procedures for power or equipment Please call to pre-register. Class limited so call 672-2154 and pre-register.

Healthy Living with Diabetes
August 12th – 2:00 p.m.
This month’s topic is Diabetics and Hemoglobin A1C. We will also be sampling Turkey Chili and Fruit Kabobs. Attend at least 4 lessons and receive free reinforcement items. Please call 672-2154 and register.

Fun with Art
August 19th – 2:00 p.m.
Classes taught by Bernie Bowling. We will be making a necklace. Absolutely no artistic skills are required. Supplies provided. Please call 672-2154 and register for this workshop. Limited to 10 participants.

Pinterest Make-N-Take
August 22nd - 5:00 p.m.
We will be making a Monogrammed Key Hook Picture Frame. Please call 672-2154 and pre-register so we will have enough materials for everyone.

Sewing Workshop
August 26th – 11:00 a.m.
We will be making a tissue holder using a serger. Please call 672-2154 and register for this workshop so we will have enough supplies.

Homemaker’s Council Meeting
August 26th - 2:00 p.m.
We will be discussing the upcoming homemakers’ lock-in and planning for the county meeting. Please call 672-2154 and register.

Dehydrating Basics
August 29th -10:00 a.m.
During this program you will learn general techniques and guidelines for drying fruits and vegetables at home.

Quicksand Area Homemakers Training
August 31st -8:45 a.m.
See backpage.

Homemakers’ Meetings

Cutshin Homemakers Club Meeting
August 8th - 12:30 p.m.

Hyden Homemakers Club Meeting
August 8th - 5:00 p.m.

Beech Fork Club Homemakers
August 11th - 4:00 p.m.

Stinnett Homemakers Club Meeting
August 18th - 2:00 p.m.

Senior Citizens’ Meetings

Hyden Senior Citizens
August 9th - 10:00 a.m.

Stinnett Senior Citizens
August 16th – 2:30 p.m.
Stinnett Senior Citizens

Super Star Chef

Hyden Senior Citizens

What's Cooking

Fun With Art

Wire Tree Workshop