



The Link

connecting Coffee County fce clubs through UT Extension

January 2016
1st Quarter

1st Quarter Calendar			
January			
Date	Activity	Time	Location
1	New Year's Holiday, Extension office closed		
8	County Council Officer's Meeting	9:30 a.m.	Coffee County Senior Citizens
15	County Council Meeting	9:30 a.m.	CCAP meeting Room
18	Martin Luther King Jr. Day, Extension office closed		
22	Central Region Leadership Training Day	9:00 a.m.	UT-TSU Extension-Rutherford County office
February			
8	Fundraiser Dinner	6:30 p.m.	Farm Bureau, Manchester
March			
11	Recognition Luncheon	11:00 a.m.	Farm Bureau Building, Manchester
25	Good Friday holiday, Extension office closed		



Friendly Reminders

- Due January 15-County Council meeting:**
- ⇒ State Reports (last years' service projects)
 - ⇒ Recognition Award Form
 - ⇒ Heart of FCE award and Best of the Best award applications
 - ⇒ College Scholarship Applications
- Due March 31:**
- ⇒ Retreat Registration, retreat fees, and any scholarship applications

Real. Life. Solutions.

**STAY
CONNECTED**

UT-TSU Extension-Coffee County Office
 Address: 1331 McArthur St., Manchester, TN 37355
 Phone: 931-723-5141
 Belinda Letto, Extension Agent Email: briddle@utk.edu
 Local: <http://coffee.tennessee.edu>
 Regional: www.utextension.utk.edu/central/fcs/fce.htm
 State: <http://fcs.tennessee.edu>

In cooperation with



New Yearbook Page

To help you organize your monthly club programs, page 10 of your 2016 Yearbook provides a list of programs by topic that are made available by UT Extension FCS Specialists and Central Region FCS Agents.

Region lessons include "Personality Assessment," "Is Your House Killing You," "Food, Fads, and Myths," and Credit Freeze/Smart Credit for Seniors" and will be shared at the January 22, Leadership Training Day in Murfreesboro. Copies will be available after that date.

State lessons include "Human Trafficking," "Creating a Healthy Household Culture," and "Pass It On" series and are currently available online.

Club Presidents, please be prepared at the January Council meeting to name the program(s) of which you would like to receive copies, so your club educational leaders may present them in 2016.

A MANIFESTO FOR A SIMPLE LIFE

EAT LESS, MOVE MORE
BUY LESS, MAKE MORE
STRESS LESS, LAUGH MORE
FEEL BLESSED, LOVE MORE
Find a quiet spot every day and

breathe



WARNING SIGNS OF HEART ATTACK, STROKE & CARDIAC ARREST

HEART ATTACK WARNING SIGNS	STROKE WARNING SIGNS	CARDIAC ARREST WARNING SIGNS
<p>CHEST DISCOMFORT</p> <p>Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.</p> <p>DISCOMFORT IN OTHER AREAS OF THE UPPER BODY</p> <p>Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.</p> <p>SHORTNESS OF BREATH</p> <p>With or without chest discomfort</p> <p>OTHER SIGNS</p> <p>May include breaking out in a cold sweat, nausea or lightheadedness</p>	<p>Spot a stroke F.A.S.T.</p> <p>⇒ Face Drooping Does one side of the face droop or is it numb? Ask the person to smile.</p> <p>⇒ Arm Weakness Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?</p> <p>⇒ Speech Difficulty Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?</p> <p>⇒ Time to call 9-1-1 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.</p>	<p>SUDDEN LOSS OF RESPONSIVENESS</p> <p>No response to tapping on shoulders</p> <p>NO NORMAL BREATHING</p> <p>The victim does not take a normal breath when you tilt head up and check for at least five seconds.</p> <div data-bbox="1055 1522 1507 1816" data-label="Image"> </div> <p>Hands-Only CPR can be as effective as CPR with breaths. Learn how to at your February Club meeting.</p>