

# Curves

## Preventive Health Through the Decades, Part 1

Health care will vary from person-to-person based on medical history and gender, but there are many standard screenings that are the same for different age groups. **In your 20s: Height and weight:** Get these measured every 3 years so you can track changes. **Cholesterol screening:** Have this checked at least every 5 years and more frequently if it is high. **Diabetes screening:** For those at risk, this should be checked every 3 years. Risk factors include having a close family member with diabetes; being overweight or obese; being physically inactive; having low HDL cholesterol levels; having high triglycerides; coming from an ethnic background that includes African American, Latino, Asian American, Pacific Islander or Native American; and having had gestational diabetes. **Glaucoma screening:** Have screening every 3-5 years if at high risk. If not at risk, then at least once can protect your vision for the future. Those people at higher risk are people with elevated blood pressure, family history, or those who are African American, Inuit, or Asian. **Melanoma screening:** Check-ups of your skin should be

performed at least every 5 years, but once a year for women at high risk. Risk factors include sun exposure, family history, and those with fair skin. **Breast cancer screening:** A clinical breast exam (CBE) should be completed every 3 years, but at this age mammography are only recommended for high risk patients. **Cervical cancer screening:** A Pap test should be performed every 1-3 years depending upon risk factors. More frequent testing is recommended for women who have (or had) human papillomavirus (HPV) infection, smoke, have HIV infection, have Chlamydia infection, or have a family history. Part 2 next week will cover the decades of the 30s through the 70s. January is a good time to begin an exercise program that will improve your health and give you more energy. Strength training on the Curves circuit can do both of these things. Current enrollment fee is only \$1 with an annual membership. Call 845-4902 to get started today.

### Meeting

Fleming Co. Hospital Auxiliary General and Board Meeting on Jan. 30 at 3:00 pm in the Hospital Board Room.



### FAMILY MOVIE NIGHT

Family Movie Night at Highpoint Church (Pastor Justin Jones)  
**LOCATION:** 122 Frazier St. Flemingsburg, Ky. (Beside Farm Bureau)  
**WHEN:** Saturday, January 26, 2019 at 6:00 PM  
 Join our family in a fun filled evening with a movie, refreshments, and fellowship!  
 Contact Chrystol (606)748-8952 for more information.

### WANTED!!



### Your Best Pot of Chili!!

Community Chili Cook Off Highpoint Church 122 Frazier St., Flemingsburg Pastor Justin Jones  
**February 9, 2019 at Noon**  
 Text/Call Chrystol at 606-748-8952 or Bring your pot and enter at the door. Entry and meal is FREE! Load up your family and join us for a FREE bowl of the best Chili in town!

### Meeting

DAV Chapter 143 invites any member from Bath, Fleming, Menifee, Montgomery or Rowan Counties to visit our business meeting the 3rd Saturday of each month at 1300 hrs. Call Mike for further info (606)336-2602

### Junior Fire Fighter Meeting

The Tilton/Bethel Volunteer Fire Department Junior Fire Fighter program meets the 2nd Monday of every month at 7:00 PM. For further information on meeting, call Ike France at 606-845-7432.

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## Fleming County Senior News

The Fleming County Senior Center located at 100 West Elm Street in Flemingsburg is open Monday through Friday from 8:00 am - 4:00 pm. Transportation is currently available three days a week in the city limits and you can call for a schedule of transportation in rural Fleming County. During the month of January we will continue the Walk with Ease class on Monday, Wednesday and Friday's at 10:00. The Walk with Ease program is designed to help you become a person who can take action to ease arthritis symptoms and maintain your overall fitness and quality of life.

We would like to invite you to visit The Corner Closet at the Fleming County Senior Center an ongoing fundraiser for the center. We have a special sale of .50 a bag to help make room for new items. The Corner Closet is located in the Ceramic Room at the corner of the senior center. We sell gently used items donated to the center. If you have items you would like to donate contact us at the center. Stop by and see us and support the senior center. Hours for the Corner Closet will be Monday - Friday 9:00 am - 1:00 pm and by request after 1:00 pm.

If you are 60 years old or older and would like to attend the Fleming County Senior Center and need transportation or additional information about the services we provide, please feel free to call 845-1411 or 849-9651. The following programs and menus, which are subject to change, are scheduled for this week.

#### Wednesday

Sweet Monday with Phyllis will be held at 10:00 am. The theme for January is Mugs and Muffins. Ladies wear your favorite apron and share a memory about cooking. Walk with Ease class will be held at 11:15.

Menu: Goulash, California vegetable blend, diced pears, wheat bread, skim milk and tea.

#### Thursday

Enjoy fellowship and a hot

noon meal.

Menu: Chicken Marsala, mashed potatoes, green peas, peaches, wheat bread, skim milk and tea.

#### Friday

Join us at 10:00 for Walk with Ease Class. Adam Gully will be the guest speaker.

Menu: Baked fish, brown rice, brussel sprouts, wheat dinner roll, banana, skim milk and tea.

#### Monday

Join us for Walk with Ease at 10:00. Barbara Campbell with the Fleming County Extension Office will provide a nutrition education program.

Menu: Baked spaghetti, Brussels sprouts, wheat bread, hot peach delight, skim milk and tea.

#### Tuesday

Enjoy fellowship and a hot noon meal.

Menu: Herbed pork loin, baked potato, carrots, wheat bread, strawberries, skim milk and tea.

#### Wednesday

Today is birthday day and those celebrating a birthday in January will be recognized. We would like to thank the Community Trust Bank for their monthly donation of the birthday cakes. The Country Boys will provide a music program.

Menu: Country fried steak, mashed potatoes, whole baby carrots, orange, cake, ice cream, whole wheat roll, skim milk and tea.

### MEETING

The Kiwanis Club meet the 2nd and 4th Thursday of each month at 6:30 p.m. at Double S Entertainment. Everyone is welcome.

### Ewing Elementary SBDM and PTO

Ewing Elementary SBDM meetings will be held at 4:30 pm in the library on the second Tuesday of every month: February 12th, March 12th, April 9th, May 14th and June 11th

PTO Meetings will be held at 5:30 pm on November 27th, March 26th and April 30th.

Everyone is welcome and encouraged to attend.

### MONTHLY SUPPORT GROUP

"Successfully managing Mental Illness"

First Christian Church, 18 East Third St., Maysville, KY. 2nd Tuesdays - 6 PM

Sponsored by National Alliance of Mental Illness "providing a safe atmosphere to share hope and help" 606-584-2716 for more info Everyone welcome

### HES SBDM & PTA Meetings

The Hillsboro Elementary School SBDM and PTA will meet on the second Tuesday of each month throughout the year.

All SBDM meetings will take place at 5:00 P.M. in the Library and the PTA will follow at 6:00 P.M. in the Library.

### WES SBDM and PTC Schedule

Ward Elementary SBDM meetings will be held at 5:00 pm on the fourth Tuesday of every other month: February 26th, April 23rd, May 28th \* (exception SBDM elections). SBDM will be followed by PTC. The PTC will meet monthly on February 26th, March 26th, April 23rd, May 28 that 5:30 or immediately following SBDM on above dates. SBDM will conduct special called meetings if necessary and will utilize the school Facebook account to notify parents and the public of the meeting.

### FES SBDM Council Meetings

All meetings begin at 5:00 pm and take place in the FES Library, (third Tuesday of each month). January 15, February 19, March 19, April 16, May 21, June 18.

### Family Focus Resource Center Advisory Council

The Family Focus Resource Center for Flemingsburg and Ewing Elementary Schools would like to invite the public to their bi-monthly meetings which are: Feb. 25 at EES, April 29 at FES and June 1 at FES. All meetings begin at 1 pm. For any questions or concerns, please call Candy Dales at Flemingsburg, 849-8216 or Kara Mitchell at Ewing, 276-2601.

### SMS SBDM Meetings

All Regular Simons Middle School SBDM Meetings for the 2018-2019 School Year will be held on the third Monday of the month at 4:30 at Simons Middle School.

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