

# Hopkinsville-Christian County Newcomers and Neighbors

[www.facebook.com/HCCNewcomersClub](http://www.facebook.com/HCCNewcomersClub)

[www.hopkinsvillenewcomers.org](http://www.hopkinsvillenewcomers.org)

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March 2020



## President's Message



Greetings to All Members!

As I write this message, I'm inspired by the time of **Recharge** we are in! **Recharge** is the word that comes to my mind in all that I see these days--whether it be a positive note from a doctor that all is truly well, a fun time spent with great friends and neighbors (also called family too!), or even just seeing Nature re-set herself in preparation for Spring!

I encourage you to **Recharge** by getting out and exploring the diverse community we are blessed to call home!

At our last meeting we had so much fun interacting with the **clients of the Cornell Memory Center**, all while playing some really good bingo! Our awesome guest speaker CMC Director **Susan Miller** gave us info on the center and how we can each volunteer and make an impact with their mission.

Inside this month's newsletter you'll find:

- \*Info on Newcomers and Neighbors next outings and gatherings, including speakers and programs + giveaways!
- \*Lots of ideas on activities and events throughout our community!
- \*And on [Page 6](#), our next member profile!

You'll definitely want to attend our next membership meeting--a big thank you to our sponsor **Planters Bank** for providing our speaker! The membership meeting will be held on Thursday, March 12th--*look ahead to [Page 2](#) of the newsletter for more meeting info!*

Friends, we'll see you out and about very soon! :)

**Tiffany Quebe**  
2019-2020 President

### Newcomers Board Members 2019-2020

**President**  
**Tiffany Quebe**

**1st VP, Programs**  
**Rhonda Thomason**

**2nd VP, Membership**  
**Susan Becker**

**Secretary**  
**VACANT**

**Publisher**  
**Amy Montgomery**

**Treasurer**  
**Betty Lingenfelter**

**Publicity**  
**Cathy Leneave**

**Hospitality/Sunshine**  
**Pat Woods**

**Planters Bank Representative**  
**Carolyn Cobb**  
[carolyn.cobb@plantersbankonline.com](mailto:carolyn.cobb@plantersbankonline.com)

**OUR PURPOSE:** Hopkinsville-Christian County Newcomers and Neighbors is a non-profit organization that connects new people in our community together with long-time residents in order to learn about the area and to develop new friendships while supporting local charities.

## **MARCH MEMBERSHIP** **MEETING**

**Thursday, March 12<sup>th</sup>**

**11:00am – 1:00pm**

**Planters Bank Latham Building**

**Guest Speaker: Sherry Allen, Planters  
Trust Department**

**Lunch from Bistro on 6th  
Club Wrap, Kettle Chips, Fruit,  
Brownie/Cookie  
\$10 per person**

**Please RSVP to  
[susanbecker2012@yahoo.com](mailto:susanbecker2012@yahoo.com) by  
Tuesday, March 10<sup>th</sup>. Let her know if  
you plan to eat, and if you have guests  
coming so that we can be sure to have  
enough food.**



In March we will be collecting the following items for USO Ft Campbell:

*Soda and individually wrapped snacks. Also, for Pre-prom & Mom program: wattle bottles, new jewelry, yoga mats, fitness center passes, etc...(to be used as incentives/prizes)*

Please bring items to the March membership meeting or to any interest group activity. You can also contact a Board member to arrange a pick up if necessary.

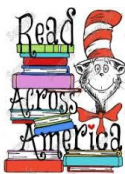


ADDITIONAL NOTE FROM  
KARI, of USO FTC:

We need career coaches to review resumes and do mock interviewing on March 10<sup>th</sup> & 11<sup>th</sup>. Shifts are 10-12, 11-1, or 12-2. Please contact Kari at [kmoore@uso.org](mailto:kmoore@uso.org)

Our policy is that guests, who are interested in joining Newcomers & Neighbors, will enjoy a complimentary first visit meal. Please RSVP for your guests so that we have an accurate count. Other guests, i.e. visiting family members or friends, are always welcome but please keep in mind that only potential members' meals will be free.

# MARCH

S M T W T F S

1	2 	3	4 <b>Book Club* –</b> Bistro on 6 <sup>th</sup> Street 11:00am	5	6 <a href="#">Dyslexia Association of the Pennyrile TRIVIA NIGHT</a>	7
8 	9	10 <b>Crafters*-</b> at home of Kelly, 1 pm	11	12 Membership Meeting – See <a href="#">Page 2</a>	13 	14
15	16	17	18 <b>Lunch Bunch*-</b> 11 am Lunch at Maurices	19 <a href="#">Business After Hours</a>	20 <div><a href="#">Edgar Cayce 28<sup>th</sup> Annual Hometown Seminar</a></div>	21
22	23	24	25	26	27 <a href="#">Hopkinsville International Festival</a> 	28
29	30	31	*Contact Interest Group Leader ( <a href="#">page 4</a> ) for more information on activities listed here.			



Click Logos for calendar of events



CHRISTIAN COUNTY  
Chamber of Commerce  
CONNECT | GROW | SUCCEED



# Interest Groups



**Bunco/Game Night** – More info to come!  
Contact Christy Little if you are interested in playing.

**Book Club** – Will meet monthly on the 1<sup>st</sup> Wednesday at 12:30pm (location varies-see calendar)

Eloise Miller / Lisa Dean –

**Chamber Events** – Watch Calendar and emails

**Crafters** – Meets monthly on the 2nd Tuesday 1:00pm at Kelly's house  
Kelly Selfe –

**Day Trippers** – Will try to take trips quarterly-  
Amy Montgomery –

**Lunch Bunch** – Meets monthly on the 3rd Wednesday  
Susan Becker

**Theater/Arts/Dinner/GNO** -(new) Information to come

**Lunch Bunch** was unable to meet in February, but please make plans to join us on March 18<sup>th</sup>. We will meet at Maurices in Hopkinsville Towne Center (4841 Fort Campbell Blvd, Hopkinsville, KY 42240). A stylist will be on hand to show us new fashions as well as how to coordinate and update our wardrobe based on our individual preferences. They will offer special discounts if you find something you must have. In addition, Ulta will join in with makeup tips and mini makeovers. Refreshments will be provided during the styling party and lunch will follow at Panera. More details will be sent by email as the date approaches.



**Crafters** met at Kelly's house in February to make pallet signs. Aren't they just adorable? Is there no end to this group's talent? Join us on March 10<sup>th</sup> for some Easter crafting fun!



**What are your interests?**

**We are working on getting new groups started and are always looking for group suggestions.**

**If you want to join one of the groups above, lead a group, or have an idea for a group, please contact Susan Becker.**

**Book Club** will meet on Wednesday, March 4<sup>th</sup>, at Bistro on 6th to discuss "The Lake House" by Kate Morton. Even if you don't finish (or start), please join us! Our next book is "The Hideaway" by Lauren Denton. Copies are available at the Library.



# Member News

## Bippidi, Boppidi.... DUE!

"Welllllll I'm gonna be a grandma in August for the first time and I'm kinda just slightly just a smidgeon excited,..... which means Eloise will be a great for the first time ( although she has always been great!)"

Congrats Rhonda and Eloise!!  
(and of course congrats to Kelsie and Robert too!)



Rhonda T.

6th



If you have any gently used or new pillow cases that you are not using, please contact Cathy Leneave. She uses them to make dresses for Mission teams.



[leneavecathy@gmail.com](mailto:leneavecathy@gmail.com)

11th Annual  
Hopkinsville  
International  
Festival

Planters Bank - Jennie Stuart Health  
SPORTSPLEX  
HOPKINSVILLE

**MARCH 27-28, 2020**  
FRIDAY: 4PM-10PM  
SATURDAY: 10AM-6PM

CELEBRATE THE SPLENDOR AND  
CULTURE OF DOZENS OF DIFFERENT  
COUNTRIES, ALL UNDER ONE ROOF

FREE ADMISSION!

HOPKINSVILLE  
**INTERNATIONAL  
Festival**

WWW.FESTHOPKINSVILLE.COM

HRC  
PARKS  
RECREATION

Be sure to stop by the International Festival! Several of our Japanese friends are involved. They always have lots of fun stuff to do at their booth ☺

## Member Services

### Planters Bank

Carolyn Cobb, 270-890-1617

[Carolyn.cobb@plantersbankonline.com](mailto:Carolyn.cobb@plantersbankonline.com)

### Betty Lingenfelter –Liver

Recipient/Ambassador/Volunteer

Organ/Tissue/Cornea/Blood - DONOR

AWARENESS

**PLEASE JOIN THE ORGAN DONOR REGISTRY**  
turn "loss" into "life"... Be someone's HERO

If you provide a product or a service that would be beneficial to our members, please let Amy know 719-688-0147 or [amymontgomery61@gmail.com](mailto:amymontgomery61@gmail.com).

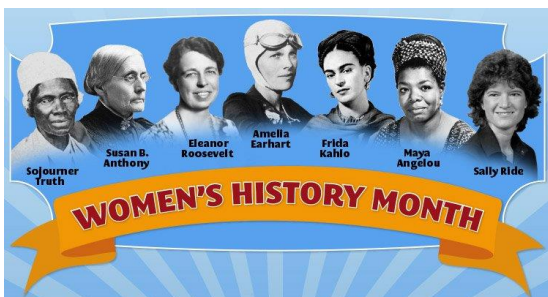
# Getting to Know...

## Kelly Selfe



My husband, Mike and I moved to Hopkinsville almost two years ago from Franklin, TN. Mike works with Planters Bank and I'm still trying to decide what I want to be when I grow up. I taught elementary art for over 21 years. I paint with a small group of ladies on Tuesdays and create hand stitched journals every opportunity I get. I don't sit still very well so I spend most of my days volunteering at the Nearly New Thrift Store. The store supports a local ministry, Grace and Mercy, serving woman that have been incarcerated or dealing with substance abuse.

The Newcomers group means the world to me! It felt like I'd lost everything when we moved to Kentucky, but lucky for me a few of my neighbors were involved with the Newcomers. I've met the most amazing individuals and can't image not drinking coffee with them or creating with our crafters group. The organization has introduced me to the community and connected me with what I know will be lifelong friends.



**March is National Kidney Month**

Get to know your hard working kidneys

**6 WAYS KIDNEYS KEEP YOU HEALTHY**

- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

**8 PROBLEMS KIDNEY DISEASE CAN CAUSE**

- Cardiovascular disease
- Heart attack
- Stroke
- Anormal (low red blood cell count)
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure

**4 RISK FACTORS**

- Diabetes
- High blood pressure
- Family history
- Age 60+

**7 SYMPTOMS**

- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine
- Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

**2 TESTS YOU CAN TAKE (BLOOD AND URINE)**

Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine. **Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

**National Kidney Foundation**  
[Learn more at kidney.org](http://www.kidney.org)