

Good morning and hello.

This week's digest has programming ideas and resources related to men and women's health, book and Kentucky workforce news, upcoming webinars, and a grant opportunity. Please let me know if you have any questions about the resources listed or if there is any way that I can assist you. May each of you have a great week.

**Please note that our next monthly meeting will be this Thursday, May 20, at 10am ET, 9am CT. Here is the link:**

Join from PC, Mac, Linux, iOS or Android:

<https://us02web.zoom.us/j/81572130347?pwd=RS8zL0pCZWl3Y281S1JWeThrVGtxdz09>

Password: fM5dJ#

Or Telephone:

Dial:

USA 713 353 0212

USA 8888227517 (US Toll Free)

Conference code: 591111

Unmute = \*6

Find local AT&T

Numbers: <https://www.teleconference.att.com/servlet/glbAccess?process=1&accessNumber=7133530212&accessCode=591111>

Click on one of the following links to go directly to the section of interest to you.

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**Programming ideas**

**Financial literacy-resources:**

[Helping Older Adults Manage Their Finances](#) (The Programming Librarian, May 3)

Some of the Consumer Financial Protection Bureau resources shared in this blog post include:

[Managing Someone Else's Money](#) (being a financial caregiver, power of attorney, and court-appointed guardians are highlighted)

[Housing decisions and reverse mortgages](#)

[Planning for retirement](#)

[Online and mobile banking](#)

[Protecting older adults from fraud and financial exploitation](#)

## **Health resources to support Physical Fitness, Nutrition, Men and Women's Health Months**

The [Kentucky Inclusive Health Collaborative](#) has a Resource Page with flyers, recipes, and other resources that can be shared and printed. There is a very practical handout on this site that shows appropriate portion sizes for food. If you want to print higher-resolution images, contact [wellness4ky@uky.edu](mailto:wellness4ky@uky.edu).

May is [Women's Health Week/Month](#).

-Check out this [Women's health info sheet](#) from the University of Kentucky's Inclusive Health Collaborative, part of the Human Development Institute.

-The [Office on Women's Health](#), a division of the U.S. Department of Health & Human Services, has a [patient materials tab](#) that has fact sheets, infographics, videos, and webinars, which you can share with your patrons.

-The Office of Disease Prevention and Health Promotion has [information about promoting physical activity during and after pregnancy](#), including programming ideas.

-Host an online baby shower where a doctor, nurse practitioner, or other certified health professional answers questions and provides information about staying healthy and active during pregnancy. And for more information, see the [Materials for During and After Pregnancy](#) site.

-The [Centers for Disease Control](#) has a listing of the various women's health initiatives and resources for you to use.

June is [Men's Health Month](#).

-The Men's Health Month.org website has a [list of activities](#) that you may want to try at your library, and the Centers for Disease Control has [a fact page](#) on men's health.

-Display library materials that relate to men's health

-Ask a local health provider to do a virtual information session (or sessions) on different health topics relevant to men. Your local health department is likely inundated with handling COVID-related issues, but they may have brochures for specific health conditions that you can make available to your patrons.

-Share [resources from the U.S. Department of Health and Human Services Office of Minority Health's](#) website

-The U.S. Military Health System's website has a [post from 2020](#) about Men's Health Month and tips to help men prepare for health screenings.

Selected Kentucky health resources for men and women:

[Heart Disease and Stroke Prevention](#)

[HIV/AIDS resources](#)

[Kentucky Diabetes Resource Directory](#)

[Mental Health Provider Directory](#)

### **Additional veterans resources**

[Kentucky Commission on Military Affairs](#)

[Kentucky Veterans Employment, Training and Support Program](#)

### **Workforce development resources for people who have disabilities**

The [University of Kentucky's Human Development Institute's Employment page](#) has a listing of the projects that they support and the products (many of them videos), which you can share with your patrons.

[Kentucky Works](#): The University of Kentucky's Human Development Institute has six videos on their site that are designed to help families with children who have disabilities transition into the workforce. The videos are free and can be shared with your patrons.

Here is information about [Employment First](#). "Employment First is the idea that everyone has the right to work. This includes people with significant disabilities. Kentucky became an Employment First state on May 15, 2018. On June 29, 2020, Governor Beshear signed an Executive Order to continue the state's commitment to employment for people with disabilities."

You may have heard about the Retaining Employment and Talent After Injury/Illness Network (also known as RETAIN). Read more about [this initiative here](#).

### **News**

[Coal communities and mine cleanup at the center of federal and grassroots efforts](#) (Katie Moody, Appalachian Voices, May 13)

[Five Mistakes You Might Be Making with Your Library Partnerships](#) (Hannah Arata, The Programming Librarian, May 4)

[Goodwill Offers Virtual Reality Experience to Help Enhance Interview Skills, Re-Entry](#) (Ashley Brown, Spectrum News, May 9)

[Kenton County Public Library helps jobless Kentuckians get back to work](#) (Sam Knef, Spectrum News, May 5)

[Kentucky Small Business Development Center Doubles Staff, Adds Six Offices](#) (WTVQ, May 12)

[LeVar Burton Launches a book club, Read with LeVar Burton](#)

[USA Today provides additional details on the book club](#) (Barbara VanDenburgh, May 11, 2021)

[Learning from Our Statistics](#) (Mary Jo Finch, Public Libraries Online, May 4)

[New 12-week tech training course being offered at Kentucky Career Center](#) (Drew Amman, Fox19, May 10)

[Oprah Winfrey, Keanu Reeves to Participate in New Book Show](#) (Elizabeth Harris, New York Times, May 10)

[Upskilling Kentucky's Job Training](#) (The Lane Report, May 7)

## **Webinars**

\*Please note that an inclusion on this list does not equal an endorsement. Also, each of these webinars should qualify for renewal contact hours.

[Customers Without Masks: Simple strategies that get customers to follow your COVID-19 policies \(without a fight!\)](#)

May 20, 7:00 AM; 10:00 AM; 1:00 PM; 4:00 PM; 7:00 PM, Eastern; Free

[Booklist's Book & Author Extravaganza!](#)

May 28, 1pm, Central; Free

The webinar is scheduled to last 75 minutes, and it will feature book from the following publishers: Bloomsbury Publishing, HarperCollins Publishers, Sourcebooks, Workman Publishing, and Rowman & Littlefield.

[Kentucky Educational Television](#) has two upcoming webinars. One of these webinars is tomorrow.

I confirmed with a KET staff member that the webinars are free, and that there is no advanced registration required. If you want to attend one of the webinars listed, click on the link below on the day and time of the webinar, and you will be able to join the webinar.

[Free Motivational Resources in PBS LearningMedia](#)

May 18th from 2:30 – 3:00 PM, ET; Free

[Free Soft Skills Resources](#)

June 15th from 2:30 – 3:00 PM, ET; Free

[Affecting Change in a Middle Management Role: Free PLA Panel Discussion](#)

Tuesday, June 1, 2021 | 1-2 p.m. Central; Free

## **Grants**

[Applications Open for FTRF Banned Books Week Celebration Grants](#); "Each year the Freedom to Read Foundation (FTRF) distributes grants to support activities that raise awareness of intellectual freedom and censorship issues during the annual Banned Books Week celebration. The theme of this year's celebration is "Books Unite Us. Censorship Divides Us." Banned Books Week runs from Sept. 26-Oct. 2, 2021 and the grants of \$1,000 or \$2,500 are offered through the Judith F. Krug Memorial Fund. Visit the [Freedom to Read Foundation online](#) to apply and learn more about past recipients and their projects. Deadline: June 4, 2021."