



Nutrition and Mindful Eating

Eat by Choice, Not by Chance

A representative from Anthem Medicaid will share discussions, problem solving, and healthy snacks with us.

Our thoughts have a lot to do with how we feel and what we do. If you can stop your brain from telling you discouraging things and have it start encouraging you instead, you may be surprised at how much healthier you'll be - in mind and body.

February 9 - General Eating for Wellbeing and What is Mindfulness - Overview of topics for general good nutrition - balancing intake and maintaining a healthy weight.

February 16 - Mindful Nutrition Techniques -

Applying the tenants of mindfulness to help you eat healthier, manage weight better and get more enjoyment out of what you eat.

Dates: February 9 and February 16
Time: 6:00 pm

Welcome House, Inc Homeless to Home Mobile Health Clinic

will be at the Library the 1st Wednesday of every month.

The mobile health clinic makes it easier for those experiencing homelessness to access medical care. The staff will provide wrap-around services to ensure that clients receive the medical treatment and support services they need. If transportation to the library is needed, Welcome House can provide you assistance.

For more information, please call:

Lisa: 859-630-1580

Candace: 859-292-9329

Troy: 859-409-5676

Date: Wednesday, February 2
Time: 10 am - 2 pm



MOBILE HEALTH CLINIC



WHEN & WHERE:

Pendleton County Library
801 Robbins Ave
Falmouth, KY 41040
10am-2pm

1st Wednesday of every Month

November 3rd February 2nd
December 1st March 2nd
January 5th April 6th

To learn more, call us at Lisa (859)630-1580; Candace (859)292-9329; Troy (859)409-5676

UK Healthcare HIV Testing

Did you know that the CDC recommends everyone between the ages of 13-64 be tested for HIV at least once as part of routine health care, and more often if you do things that might increase your chances of being infected with HIV? Come to the library and get tested for HIV at no cost to you. Advanced rapid testing is

offered with results available within minutes. Incentives for testing may be available. If you

have any questions in regards to HIV testing in general, please contact Tiffany Maegley at tiffany.maegley@uky.edu.

Date: Wednesday, February 2
Time: 9:30 am - 1:00 pm

and

Date: Wednesday, February 22
Time: 5 pm - 7:30 pm



Library Programs

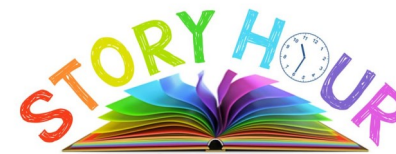
To ensure the safest environment for our patrons and staff, we will be social distancing during programs. To facilitate this, we require registration for all our programs. Registrations will be accepted beginning the first of each month.

To register call 859.654.8535.

HomeSchool Enrichment all home school families

Join us **Tuesday, February 1 at 10:30 am.**

We will be making Electrified Valentine Cards and learning about basic electrical circuit engineering.



Story Hour kids age 3-5 years

February 4 at 10:30 am: Reading "We Want Snow!" with an activity

February 11 at 10:30 am: Reading "The Unicorn Named SPARKLE and the Perfect Valentine" with an activity

February 18 at 10:30 am: Reading "Pete the Cat's Groovy Imagination" with an activity

February 25 at 10:30 am: Reading "OH NO! I Gotta Go To The Dentist!" with an activity
If you can't attend the program, you can pick up the Activity Kit to complete at home, while supplies last.

Adult Craft Night adults 18+

In February we will be making a Decorative Sconce.

When: Tuesday, February 8

Time: 6:00 pm

If you can't attend the program, you can pick up the Activity Kit to complete at home, while supplies last.



Teen Scene teens in grades 6-12

Join us **Thursday, February 10 at 6 pm.**

We will making a Love Yourself Plaque.

If you can't attend the program, you can pick up the Activity Kit to complete at home, while supplies last.

Creative Kids Elementary Program

kids in grades Kindergarten - 5th

Join us on **Tuesday, February 15 at 6 pm.**

We will be making Gnome Themed Valentines.

If you can't attend the program, you can pick up the Activity Kit to complete at home, while supplies last.



Senior Adult Bingo senior adults age 50+

We will host Senior Adult Bingo on **Friday, February 18 at 1 pm.**

Seating will be limited so registration is required.

To register call 859.654.8535.



Confidential Document Shredding

It's a new year and many are reorganizing. Shred your confidential documents for FREE at the library! We have locked containers available inside the library for collecting documents. All you will need to do is deposit them into the containers. The containers are collected on a regular basis by Document Destruction, a National Association for Information Destruction (NAID) certified organization. The documents are shredded on site, in the library parking lot. No one sees the documents once they are inside the container. The confetti-sized pieces are then recycled into items like napkins and plates. This service is designed for individual use. Suggested items to shred include: personal billing records, credit card receipts, financial reports, legal documents, medical records, memos/notes containing personal information and payroll records.

Tax Season is Coming!

With the new year comes tax season again. We want to make sure everyone knows that the library is here to help! AARP will set up in our Meeting Room to conduct their Tax Assistance Program. This year they will be providing assistance by appointment only. We **cannot** make the appointments at the library. We will share the information on how to make an appointment, when it is provided to us.



Be aware that we receive NO paper tax forms. Forms ARE available online, and you may print them from one of our public computers at a rate of \$0.10 per page. You'll need to know the name and/or number of the forms you need, whether you're needing a federal form or a state form. Library staff cannot advise you as to any form that you may or may not need. We cannot "guess" what form is right for you, and we cannot suggest a form or urge you to "try this one."

Resources:

For information on federal forms, please visit: www.irs.gov and click on the "Forms and Instructions" tab at the top.

For Kentucky State information, go to: www.revenue.ky.gov and click on "Find a Form" on the left.



PCPL Porch Delivery Service!

Would you like your library materials delivered directly to your home?

Patrons who are unable to visit the library, for any reason, can have library materials delivered to their homes. This includes

books, CDs, DVDs, Non-Traditional items, and more! To set up a Porch Delivery, call the library at 859-654-8535 or go to <https://pcplibrary.org/bookmobile-2/> to complete the request form. This service is available to all those living in Pendleton County who have a PCPL Library Card. If you don't have a library card, no problem. We can get you one.

Library Hours:

**Monday - Saturday:
9:00 am - 8:00 pm**

**Sunday:
1:00 pm - 5:00 pm**

Our Meeting Room is available for use. Unfortunately, at this time, the small kitchen attached to this room is not available.

Check our website and social media pages for updates on services, hours, and programs.

Website: pcplibrary.org
Facebook: www.facebook.com/PCPLibrary
Twitter: twitter.com/PCPLibrary
Instagram: [@pcplibrary](https://www.instagram.com/pcplibrary)

Contact Information:
Phone: 859.654.8535
Fax: 859.654.8538
Email: helpdesk@pcplibrary.org
Website: www.pcplibrary.org

Pendleton County Public Library
801 Robbins Avenue
Falmouth, KY 41040
NONPROFIT ORG
US POSTAGE PAID
DATAMARK

February 2022 Vol. 6, No. 2

