



## Start Now to Achieve Financial Independence in Retirement

*Source: Kelly May, Senior Extension Associate for Family Finance & Resource Management*



**J**uly is a time to celebrate our independence and freedom. Many people dream of eventually achieving financial independence – or having enough wealth to live comfortably without having to work. You can move one step closer to this dream by planning ahead and saving for your retirement.

According to the Department of Labor, only half of Americans have calculated how much they need to save for retirement. You may need between 70% and 90% of your preretirement income if you hope to maintain the same lifestyle after retirement.

One way to save for retirement is to

*Dreaming of financial independence? Save for your retirement. For more information, contact the Campbell County Extension Office.*

use employer-sponsored retirement plans. If your employer offers a retirement plan, consider signing up. Especially if your employer offers a match. If possible, contribute as much money as your employer will match to take advantage of the benefit.

Include savings in your budget. Use direct deposit and automatic payments to direct money into retirement accounts and savings accounts so that you are not tempted to spend that money now. Take advantage of the power of compounding by starting now or increasing your savings if you have already begun. The earlier you start saving, the more benefit you will receive from your interest compounding.

### References:

U.S. Department of Labor, Employee Benefits Security Administration. (September 2021) Savings Fitness: A guide to your money and your financial future. Retrieved April 11, 2022, from <https://www.dol.gov/sites/dolgov/files/EBSA/about-ebsa/our-activities/resource-center/publications/savings-fitness.pdf>.

U.S. Department of Labor, Employee Benefits Security Administration. (September 2021) Top 10 Ways to Prepare for Retirement. Retrieved April 11, 2022, from <https://www.dol.gov/sites/dolgov/files/EBSA/about-ebsa/our-activities/resource-center/publications/top-10-ways-to-prepare-for-retirement.pdf>.

**Valley Homemakers Meetings**

July 12th—10:00 a.m. will be held at **First Baptist Church, Cold Spring, Room 112**. Please park in the lower level and enter at the door facing Alexandria Pike. Also, please bring your ideas for meeting topics, speakers, projects, charitable events, etc. to the July meeting. Hope to see you then, but if you can't attend, please send your ideas to Pam at 513-519-5823. ☺

August 9th—10:00 a.m. will be held at the **Campbell County Extension Office**.



**Lunch Bunch**



**Tuesday, July 5, 2022**

**Bru Burger**

**11:00 a.m.**

279 Buttermilk Pike, Ft. Mitchell, KY 41017

**Tuesday, August 2, 2022**

**Log Cabin**

**11:00 a.m.**

322 Madison Pike, Covington, KY

**Tuesday, September 6, 2022**

**Greyhound Tavern**

**11:00 a.m.**

2500 Dixie Hwy, Ft. Mitchell, KY7

Voicemail or Text **Marsha Kerby** at

**859-816-8707**

if you would like to attend or carpool.

**ATTENTION QUILTERS!**

Are you interested in participating in a

**SHOP HOP?**

**August 23 or August 30**

Consider these two dates and text me which date(s) work for you and you're interested.

**Marcia Kerby — 859-816-8707**

*Kate Vaught Thompson*

**Kate Vaught Thompson**

Campbell County Extension Agent for Family and Consumer Sciences

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# LOOKING AHEAD...

Date	Event
July 5 11:00 a.m.	<b>Lunch Bunch</b> Bru Burger — 279 Buttermilk Pike, Ft. Mitchell, KY- Call/Text Marsha Kerby - 859-816-8707
July 11 10:00 a.m.	<b>Crazy Quilters</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
July 12 10:00 a.m.	<b>Valley Homemakers</b> First Baptist Church, Cold Spring — Room 112, Please park in the lower level and enter at the door facing Alexandria Pike.
July 25 10:00 a.m.	<b>Homemakers Board Meeting</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
August 2 11:00 a.m.	<b>Lunch Bunch</b> Log Cabin — 322 Madison Pike, Covington, KY- Call/Text Marsha Kerby - 859-816-8707
August 9 10:00 a.m.	<b>Valley Homemakers</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
August 15 10:00 a.m.	<b>Crazy Quilters</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
September 6 11:00 a.m.	<b>Lunch Bunch</b> Greyhound Tavern — 2500 Dixie Hwy, Ft. Mitchell, KY- Call/Text Marsha Kerby - 859-816-8707
October 12 10:00 a.m.	<b>Triennial Meeting - Cultural Arts: 8:30-10 am — Program begins: 10 am</b> Receptions Event Center, 1379 Donaldson Hwy, Erlanger, KY 41018 - Registration by Sept. 23rd

## Homemakers' Annual Meeting & Painting Party



This year's annual homemaker meeting was a painting party. Homemaker, Debbie Hyson, graciously taught and prepared all the materials for the class. There was laughter, and for some, paint was all over them ☺. The end results were beautiful paintings that were all unique. Thank you, Debbie, for all your hard work teaching this class!

## 2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

### *Categories and Subcategories*

- 1. APPAREL**
  - a. Accessory
  - b. Appliqued
  - c. Basic Sewing
  - d. Quilted
  - e. Specialty
- 2. ART, 3-Dimensional**
  - a. Carving
  - b. Sculpture
- 3. ART, NATURAL**
  - a. Wood
  - b. Other
- 4. ART, RECYCLED (Include a before picture)**
  - a. Clothing
  - b. Household
  - c. Other
- 5. BASKETRY**
  - a. Cane
  - b. Dyed Material
  - c. Miniature (under 4 inch)
  - d. Novelty
  - e. Plain
- 6. BEADING**
  - a. Bead Weaving
  - b. Non-jewelry Item/Wearable
  - c. Miscellaneous
- 7. CERAMICS**
  - a. Hand-formed
  - b. Molded
  - c. Pre-made
- 8. COUNTED CROSS STITCH**
  - a. 14 Count & Under
  - b. 16-22 Count
  - c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
  - a. Accessories
  - b. Fashion
  - c. Home Décor and Afghans
  - d. Thread
- 10. DOLL/TOY MAKING**
  - a. Cloth
  - b. Handmade Toy other than Porcelain/China or Cloth
  - c. Porcelain/China
- 11. DRAWING**
  - a. Pastels
  - b. Pen and Ink
  - c. Pen and Ink with Oil Roughing
  - d. Pencil or Charcoal-Black
  - e. Pencil-Color
- 12. EMBROIDERY**
  - a. Basic
  - b. Candle Wicking
  - c. Crewel
  - d. Machine
  - e. Ribbon
  - f. Smocking
  - g. Swedish
  - h. Tatting/Lace Making
  - i. Miscellaneous
- 13. FELTING\***
  - a. Needle Method
  - b. Wet Method
- 14. HOLIDAY DECORATIONS**
  - a. Autumn
  - b. Spring
  - c. Summer
  - d. Winter

## 2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER)

### 18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

### 21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

### 22. QUILTS\*\*

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking\*\*\*

### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other

### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

### 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

# It's Grilling Season

Source: Annhall Norris, Extension Specialist, Food Preservation and Food Safety



**G**rilling is a summer activity everyone enjoys. It is a healthy way of cooking, and you can grill pretty much anything. Burgers, chicken, seafood, and even fruits and vegetables are all delicious when cooked on the grill. No matter what you're cooking, though, follow the tips below to prevent foodborne illness and keep your family healthy.

**Thaw Safely:** Never allow food to thaw on the counter at room temperature. If you are starting with frozen meat or chicken, thaw it completely for more even cooking. Place your frozen product in the refrigerator for a nice safe, slow thaw. This may take a day or two, so plan accordingly. For faster thawing, place the frozen product under cold running water, or in a sink of cold water that is changed frequently. You also can thaw your frozen product in the microwave as long as you placed it on the grill immediately.

*Warm weather grilling makes lots of people happy, but don't make them sick by improperly handling the food. We have tips for keeping you and your picnic pals safe from foodborne illness.*

**Marinating:** Always marinate food in the refrigerator, not on the counter at room temperature. You can marinate chicken and stew meat up to two days. Beef, steaks, tenderloins, roasts, and chops can be marinated up to five days. Throw away the marinade after soaking. You should not eat marinade that has been in contact with raw meat or chicken as a sauce on cooked food.

**Cook Thoroughly:** Always use a meat thermometer to check for doneness. Meat and chicken cooked on a grill will appear done because of quick browning on the outside. However, just because it looks done, doesn't mean it's safe to eat. Cuts of beef, pork, lamb, and veal including steaks, chops, and roasts should reach an internal temperature of 145 degrees F with a three-minute rest time. Ground meats (beef, pork, lamb, and veal) should be cooked to an internal temperature of 160 degrees F. All chicken and poultry should reach an internal temperature of 165 degrees F.

**Keep it Clean:** Start with clean hands, and make sure there are plenty of clean plates and utensils. Never use the same platter or utensils for both raw and cooked meat and chicken. Always use a clean platter when removing food from the grill. Bacteria in the raw meat juices can contaminate food that you have safely cooked.

**Keep it Hot:** After cooking, keep food hot at 140 degrees F or warmer until served. Place food to the side of the grill, where there is no direct heat, or on the small rack above the grill, if there is one. You can also place food in an oven set at 200 degrees F or a warming tray until eaten. Once you serve the food, it should not sit out for more than two hours. If the day is above 90 degrees F, food should not sit out for more than one hour.

**Reference:** FoodSafety.gov <https://www.foodsafety.gov/blog/how-grill-safely-summer>

# PARENT

# HEALTH BULLETIN



**JULY 2022**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Campbell County  
Cooperative Extension  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

## THIS MONTH'S TOPIC: WATER SAFETY



**S**ummer is here and that means days spent by pools, splash pads, beaches, and lakes. So make sure water safety is a priority for everyone. The American Red Cross warns that if there is water, there is a risk of drowning, especially for children. For kids ages 1 to 14, drowning is the second leading cause of unintentional injury death in the U.S. Thankfully, there are things we can do to promote water safety and prevent drownings, and all it takes is some simple skills and increased awareness.

The best way to protect our kids around water is to have layers of protection that include life jackets, supervision, and knowledge of what to do in a water emergency. Keep these five water safety tips in mind this summer.

**Continued on the back** →



# ***Do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system.***

**➔ Continued from page 1**

## **Learn to swim**

The American Red Cross recommends that every family member know how to swim. Everyone should know how to enter the water, get a breath, stay afloat, locate an exit, swim for a distance, and then get out of the water safely. No matter your age, learning to swim is one of the best ways to be safer in and around the water.

## **Designate a water watcher**

Provide constant adult supervision. Actively supervise children and nonswimmers around the water, even when lifeguards are present. Do not just drop kids off at the pool. Avoid distracting activities such as checking email or social media.

The American Red Cross recommends that you rotate water watchers every 15 minutes and that all adults agree to the duties of the water watcher to:

- Watch in-water activity without distraction,
- Stop dangerous activity, and
- Respond to emergencies by (1) shouting for help, (2) rescuing and removing the person using a reaching or throwing assist, (3) calling 911, and (4) providing rescue breathing and CPR until help arrives.

## **Learn CPR**

Everyone who is responsible for watching children should learn first aid and CPR, so they will know what to do until help arrives. Being certified in CPR can mean the difference between life and death as you wait for EMS to arrive.

## **Swim with a buddy**

Do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system. Always swim in designated areas supervised by lifeguards.

## **Wear a life jacket**

Adults and kids should always wear a properly-fitted U.S. Coast Guard-approved



life jacket while boating. Nonswimmers and inexperienced swimmers should also always wear a life jacket when in and around the water. Inflatable toys can be fun but are not a substitute for U.S. Coast Guard-approved life jackets.

Stick to these safety tips to keep your children safe in the water this summer.

### **REFERENCES:**

- <https://www.redcross.org/about-us/news-and-events/news/2021/6-water-safety-tips-to-help-save-a-life-this-summer.html>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>
- [https://www.redcross.org/content/dam/redcross/get-help/water-safety/American\\_Red\\_Cross\\_Water\\_Watcher\\_Card.pdf](https://www.redcross.org/content/dam/redcross/get-help/water-safety/American_Red_Cross_Water_Watcher_Card.pdf)

**ADULT  
HEALTH BULLETIN**

**Written by:**  
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**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com, Adobe Stock







COOPERATIVE EXTENSION



# Sustainable Kentucky

Shopping, Preparing and Eating Foods for Environmental *and* Human Health

Receive recipes and explore food habits for your health and the environment in this 5-part program. We'll explore sustainable foods from production through consumption.



*Healthy and sustainable food habits are:*

- | Protective and respectful of biodiversity and ecosystems | Culturally acceptable | Accessible |
- | Economically fair and affordable | Nutritionally adequate | Safe and healthy |

1:30—2:30 p.m. OR 6:30—7:30 p.m.—Virtually via Zoom

**Thursday, July 7, 2022—A Win-Win for Our Health and the Environment**

(Optional but Encouraged) Saturday, July 9, 2022—10:00 a.m.—Noon—visit the Boone County Farmers Market to sample and evaluate a recipe from this series and pick up recipe cards featuring Kentucky products

**Monday, July 11, 2022—Feed People, Not Landfills**

**Thursday, July 14, 2022—Your Community, Your Food**

**Monday, July 18, 2022—Mindful MyPlate**

**Thursday, July 21, 2022—Be a Savvy Sustainable Shopper**

Boone County Cooperative Extension  
859-586-6101 or boone.ca.uky.edu (choose online class registration) to register  
Please plan to attend all sessions.

*Note: This series is a pilot test of a new curriculum being developed by University of Kentucky Cooperative Extension. You'll be asked to complete evaluations throughout the series. Incentives may be provided during the program.*

Puzzle Pieces



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development


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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



# Farmers Market Squash Sauté

 College of Agriculture,  
Food and Environment

**Servings: 8** **Serving Size: 1 cup**



## Ingredients:

- 2 cups whole grain rotini pasta
- 3 boneless chicken breasts
- 1 tablespoon olive oil
- 2 medium zucchini, diced
- 4 medium carrots, peeled and diced
- 2 medium yellow squash, diced
- 2 garlic cloves, minced
- 2 tablespoons fresh chopped basil
- $\frac{3}{4}$  cup light Alfredo sauce
- 2 tablespoons shredded Parmesan cheese

## Nutrition facts per serving:

230 calories, 7g fat, 2.5g saturated fat, 40mg cholesterol, 210mg sodium, 27g carbohydrate, 4g sugars, 18g protein.

## Directions:

1. Cook pasta according to package directions.
2. Roast chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes; Let cool.
3. Dice chicken into bite sized pieces.
4. In a large saute pan, add olive oil, zucchini and carrots.
5. Saute until slightly cooked.
6. Add yellow squash and garlic and saute until all vegetables are tender.
7. Remove from heat and stir in basil, diced chicken and pasta.
8. Add Alfredo sauce and toss until ingredients are evenly coated.
9. Reheat by tossing the ingredients in the saute pan for 3-5 minutes over medium heat.
10. Sprinkle with Parmesan cheese and serve.

Source: *Plate it up! Kentucky Proud Project.*



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# WONDER IN NATURE

**Tuesday  
August 9, 2022  
10:00-11:30 a.m.**

**Registration is required,  
call 859-572-2600**

**Environmental Education Center**  
1261 Race Track Road, Alexandria, KY 41001

**Join us at the Cooperative Extension Services' Environmental Education Center for nature play activities, a hike on the trails, and discover the benefits of natural play.**

**This program is designed for children 3-8 years old and their caregiver.**



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# FlowerBuds

Flowerbuds had a luau party last week. They learned about Hawaiian culture by making leis and practicing saying aloha. They also enjoyed shaved ice treats and planted tropical plants.



CAMPBELL COUNTY

# FARMERS MARKET

2022



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Large variety of  
home grown produce,  
breads, honey and other  
KY Proud commodities.  
For more information,  
call 859-572-2600.



## Highland Heights\*— Tuesdays

Senior Citizens Activity Center

3504 Alexandria Pike

May 17 thru October 25

3:00 p.m. to 6:00 p.m.

## Fort Thomas\*\*— Wednesdays

Mess Hall in Tower Park

801 Cochran Avenue

March 23 thru December 14

3:00 p.m. to 6:00 p.m.

Hours extend to 7:00 p.m. June-September

(Senior shopping begins at 2:45 p.m.)

## Alexandria\*— Fridays

Southern Lanes Sports Center

7634 Alexandria Pike

May 20 thru October 28

3:00 p.m. to 6:00 p.m.

## Newport\*— Saturdays

Next to Pepper Pod Restaurant

709 Monmouth Street

May 21 thru October 29

9:00 a.m. to 12 noon

\* Accepts WIC, SNAP and Senior Farmer's  
Market Nutrition Program

\*\* Accepts SNAP only  
Supplemental Nutrition Assistance Program



Campbell County  
Farmers Market

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
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# Travel to the Heart of Amish Country in Berlin, Ohio & Holmes County

**September 12-15, 2022**

► **MONDAY, SEPTEMBER 12**

- 8:30 AM Leave Florence Mall by water tower. Please be on time. There will be juice/Danish on bus.
- 12:30 PM Arrive in Holmes County. Lunch on your own and shopping in Berlin.
- 3:30 PM To hotel to check in. Rest time.
- 5:30 PM Dinner buffet style at the Farmstead Restaurant
- 7:00 PM Back to Room

► **TUESDAY, SEPTEMBER 13**

- 8:30 AM Breakfast at hotel
- Walnut Street Market and Stores
- Lunch on your own
- Amish Country Tour
- Lehmans
- Dinner will be in a Amish Home

**Cost per room:**  
 1 person- \$820.00 / ea  
 2 people- \$520.00 / ea  
 3 people- \$420.00 / ea  
 4 people- 370.00 / ea

*Includes bus, room, 3 full meals, "Josiah for President" Play, & Bus driver tip. There will be snacks, water, soft drinks and juice on the bus. One suitcase and small carry on bag per person.*

► **WEDNESDAY, SEPTEMBER 14**

- 8:30 AM Breakfast at hotel
- Visiting candle shop for demonstration
- 11:30 AM Lunch at the Ohio Valley Theatre where we'll enjoy the musical "Josiah for President" an Amish farmer who accidentally becomes a candidate for president
- 4:00 PM Heini's Cheese Chalet factory: 25 varieties of cheese, free samples, smoked meats, jams & jellies plus homemade fudge
- Dinner on your own.
- Back to hotel

► **THURSDAY, SEPTEMBER 15**

- Breakfast at hotel
- Luggage in hallway by 8:30AM
- 9:00-9:30 AM Leave hotel and visit Hillshire Orchard
- Hershberger's Bakery & Farms. They have jams, jelly, baked goods and other goodies.
- Lunch on your own.
- 2:00 PM Leave for Florence
- 6:00-6:30 PM Arrive back at Florence Mall



**Send check (made payable to Boone County Extension Homemakers) and this cut-off portion to Linda Padgett, 11307 Lakeview Dr, Union, KY 41091 by August 8, 2022. Questions call Linda 859-380-4321.**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_ # of Roommates: \_\_\_\_\_

Roommates: \_\_\_\_\_

Car license plate number (if parking at Florence Mall overnight): \_\_\_\_\_

►► **1 SUITCASE AND 1 SMALL CARRY ON BAG PER PERSON!**

# ADULT HEALTH BULLETIN



**JULY 2022**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Campbell County  
Cooperative Extension  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

## **THIS MONTH'S TOPIC:** SUNSCREEN SAFETY



**E**xtended time outside, whether you are walking, gardening, or reading a book, puts you at risk of sun damage, which in turn can cause sunburn, skin cancer, and premature aging. One of the best ways to protect yourself from sun damage is by wearing sunscreen anytime you spend time outdoors.

Sunscreen is important for protection from sunburn, early aging, and skin cancer. It works by protecting you from the ultraviolet rays that come from the sun. Specifically, it protects the skin from two different types of radiation: UVA and UVB. UVA, or Ultraviolet A, is the type of ray that causes the skin to age and creates lasting skin damage. UVB, or Ultraviolet B rays, cause sunburns. They both can cause skin cancer. When you see a sunscreen that is labeled "Broad Spectrum," it means that the sunscreen protects from both UVA and UVB rays.

**Continued on the back** →



# Put on broad spectrum sunscreen that has an SPF of 30 or higher before you go outside. Reapply every 2 hours.

## → Continued from page 1

When selecting a sunscreen, the Skin Cancer Foundation and the American Cancer Society recommend an SPF of 30 or higher. The SPF, or Sun Protection Factor, is a measure of how long the skin can be in the sun before it starts to burn. The higher the number, the greater the protection. For example, an SPF of 45 means that you can stay outside in the sun 45 times longer without getting burned. However, sunscreens lose their effectiveness over time and as you sweat, so you need to reapply every two hours.

Now that it is getting warmer outside, you may start thinking about wearing sunscreen. However, we should be wearing sunscreen every time we step outside. That includes even in the middle of winter. The sun and its accompanying UVA and UVB rays are working all year, not just in the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. Protecting yourself from the sun should be done from head to toe, including your face, lips, or any exposed skin. Follow these tips on how to enjoy time in the sun safely.

### How to protect your skin from the sun

- **Wear sunscreen.** Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside. Reapply every 2 hours.
- **UV protective clothing.** When possible, wear UV protective clothing. This can include shirts, long sleeves, arm sleeves, shorts, leg sleeves, and pants. If you do not have UV protective clothing, you can wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- **Rock a hat.** Try to wear a hat that has a wide brim to shade your face, ears, and the back of your neck. A darker hat may offer more UV protection. If you wear a typical baseball-style cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas or applying sunscreen to exposed skin.



- **Use sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

#### REFERENCES:

- [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)
- <https://www.hhs.gov/surgeongeneral/reports-and-publications/skin-cancer/consumer-booklet>

ADULT  
**HEALTH BULLETIN**

**Written by:**  
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**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com, Adobe Stock





# 2022 Summer Reading

## WEDNESDAYS

## JOLLY THURSDAYS

## TOWER TUESDAYS



**Tower Park's Amphitheater, Fort Thomas @ 10 am**

- June 7 – Honey Hill Farm Mobile Petting Zoo
- June 14 – Police and Fire Appreciation
- June 21 – Family Concert with David Kisor
- June 28 – Shark Tank Science
- July 12 – The Children's Theatre Presents *Jacqueline and the Beanstalk*
- July 19 – Cincinnati Circus Juggling Show
- July 26 – Kentucky Reptile Zoo

**Barabata Watkins Park, Newport @ 10 am**

- June 8 – Good Green Earth Farm Trailing Petting Farm
- June 15 – Play, Explore, Build! Cincinnati Museum Center Presents
- June 22 – Cincinnati Reptile Zoo
- June 29 – Family Concert with David Kisor
- July 13 – Family Concert with David Kisor
- July 20 – Giant Yard Game Day
- July 27 – Honey Hill Farm Mobile Petting Zoo

**A.J. Jolly Park's Stapleton Pavilion, Alexandria @ 10 am**

- June 9 – Kentucky Reptile Zoo
- June 16 – Family Concert with David Kisor
- June 23 – The Children's Theatre presents *Fairy Tales*
- July 14 – Honey Hill Farm Mobile Petting Zoo
- July 21 – Madcap Puppets presents *Fantastic Much Ado About Nothing*
- July 28 – Oceans of Funny



University of Kentucky  
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Campbell County



**FORT THOMAS RECREATION**



**NEWPORT KENTUCKY**



**CAMPBELL COUNTY KY**

FALL  
2022

# Flower Buds



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Family and Consumer Sciences

## A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).  
Older children are also  
welcome to join with prior notification.

Space is limited to 20 children  
plus 1 parent or relative.

Registration for each class is required  
**859-572-2600** or online at  
campbell.ca.uky.edu



Location:  
Campbell County Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076



**Fall 2022 Flower Buds  
Schedule:**

10:00 a.m.-11:30 a.m

- Thursday, August 4
- Thursday, September 1
- Thursday, October 6
- Thursday, November 3
- Thursday, December 1

*If you have questions, please contact Kate Thompson or Terri Turner.*

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

Sponsored by the Northern Kentucky Area  
Extension Homemakers



University of Kentucky  
College of Agriculture,  
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Cooperative Extension Service

# ESSENTIAL INGREDIENTS

*Baking up Leadership*

Tuesday, August 30, 2022  
1:00pm

Boone County Extension Enrichment Center  
1824 Patrick Drive  
Burlington, KY 41005

*Registration  
is limited!*

Learn about...

- Baking ingredients and leadership basics
- Serving others and baking for furry friends
- Essential tools for baking and organization success
- Evaluating baked products and organizations



Register by August 19th  
by calling (859) 356-3155  
or visit

[kenton.ca.uky.edu/content/line-class-registration](https://kenton.ca.uky.edu/content/line-class-registration)  
to register online

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LEXINGTON, KY 40546



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NKY Homemakers



University of Kentucky  
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Cooperative Extension Service

# Triennial Meeting

*Homemakers have you covered...*

**October 12, 2022**

Cultural Arts: 8:30-10am ♦ Program begins: 10am

**Registration deadline:  
September 23rd**

**\$20.00—Check Payable to:**  
Campbell County Extension  
Homemakers Association

**Mail to:**  
Mary Lou Vogel  
P.O. Box 6  
Silver Grove, KY 41085

**Event Location:  
Receptions Event Center**

1379 Donaldson Hwy  
Erlanger, KY 41018

**Questions?**  
Kathy Byrnes: 859-356-3155  
kathy.byrnes@uky.edu

## Menu:

Chicken Parmesan with Mostaccioli  
Southern Style Green Beans

Roasted Red Skin Potatoes  
Tossed Salad with Dressing

Dinner Rolls and Dessert  
Coffee, Iced Tea, Sodas

**Guest Speaker: Rebekka Seigel**  
*"Narrative Quilts"*



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