

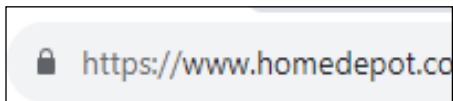


Holiday Online Shopping Savvy

Source: Kelly May, Senior Extension Associate

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.



When buying online, look for a **padlock symbol** on the page and shop from sites that start with **https://** web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card



companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for

thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

For more ways to protect your financial well-being, contact the Campbell County Extension office.





At the October meeting of Valley HM, members discussed their repurposing/upcycling ideas, and many brought items to

show. President Pam Fields presented the

program and her items were on display, as shown in the accompanying picture. Members agreed to begin collecting medicine bottles of all sizes for Matthew 25 Ministries. All Homemakers, including Mailbox members, are asked to start collecting. Watch for further info to come later.



Next Valley Homemaker Meeting

Tuesday, November 14, 2023

10:00 a.m.

Campbell County Extension Office

Make plans to attend the Valley Homemaker meeting on November 14th at 10:00 a.m.

Guest Speaker Chuck Myser will present information on hospice care.



Lunch Bunch



Tuesday, November 7, 2023

Hofbräuhaus - Newport

11:00 a.m.

200 East 3rd Street, Newport, KY 41071

Call or Text your reservation or cancellation to **Marcia Kerby** at

859-816-8707

Text Marcia if you would like to meet at Extension Office and carpool. We will leave at 10:20 a.m.

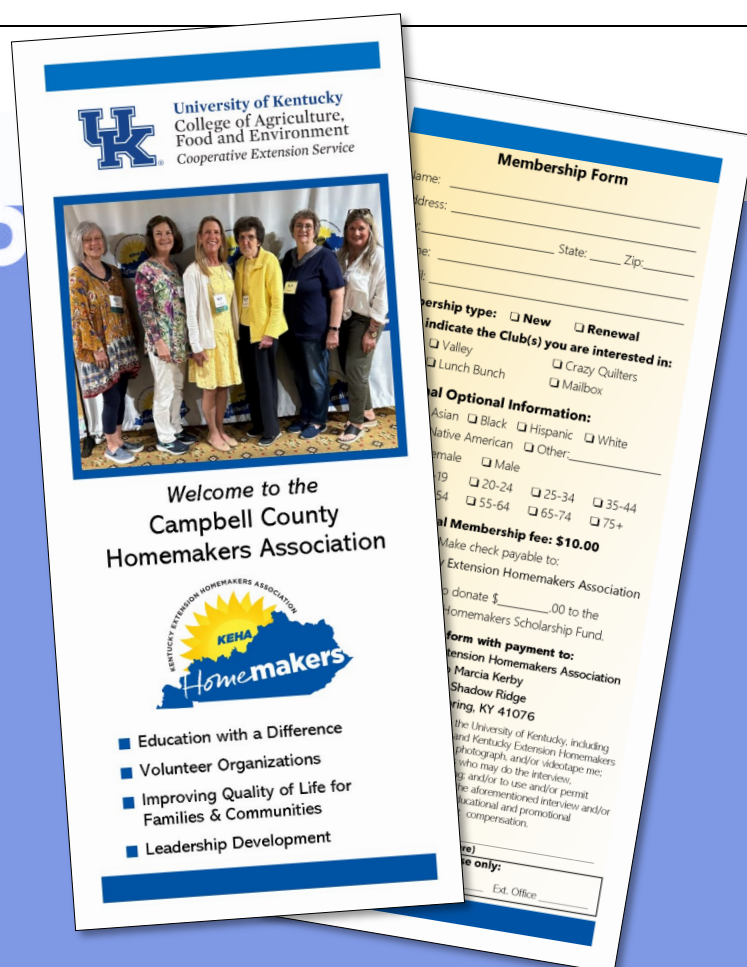
LOOKING AHEAD...

Date	Event
November 1 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
November 7 11:00 a.m.	Lunch Bunch — Hofbrauhaus 200 East 3rd Street, Newport, KY 41071—Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:20 to car pool.
November 14 10:00 a.m.	Valley Homemakers Club — Guest Speaker: Chuck Myser Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
December 4 1:00 - 4:00 p.m.	Crazy Quilters Christmas Party—After Lunch Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
December 5 11:00 a.m.	Lunch Bunch — Greyhound Tavern 2500 Dixie Highway, Fort Mitchell, KY 41017—Call/Text your reservation to Marcia Kerby at 859-816-8707 by December 1st . Meet at Extension Office at 10:20 to car pool.
December 12 10:00 a.m.	Valley Homemakers Club — Potluck Shadow Lake Clubhouse— Registration Required —call Pam Fields at 513-519-5823
January NO LUNCH BUNCH	No Lunch Bunch this month — Happy New Year!

RENEW YOUR MEMBERSHIP

Homemaker Membership Dues

Whether you are a current member of a Homemaker club or a mailbox member, you can renew your membership for 2023. The updated Membership Form is included with this newsletter. Annual Dues is \$10.00. **Make your check payable to: Campbell County Extension Homemakers and send the check/money order to: Marcia Kerby, 372 Shadow Ridge, Cold Spring, KY 41076 by December 1, 2023.** Remember that Homemaker memberships make a great gift for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from joining the Homemakers!





Self-Care: Taking Care of Your Mental and Physical Health

Be joyful! The sensation of joy runs happiness throughout your body. There is evidence that positivity contributes to overall happiness. Now is the time to focus on YOU!

Self-Care Activities Include:

- take a walk outside
- talk to a friend
- listen to music (or perform it)
- sing and/or dance
- play with your pet
- watch a favorite movie
- listen to comedy shows-laugh!!



Consider making a “self-care kit” for a friend- doing things for others usually helps you feel better!

To help with everyday stress, consider making a “self-care kit” for yourself.

Self-Care Kit Includes:

- stress ball
- bath bomb
- journal
- affirmation cards
- rice-filled neck warmer
- scented candle
- chocolates
- your favorite item or activity that helps you feel better



Make Self-Care your 2023-2024 goal

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Disabilities accommodated with prior notification.

Let's Talk Turkey Safety

Source: Annhall Norris, UK Extension Specialist

It's nearly Thanksgiving, and soon, delicious, juicy turkeys will take center stage at many of our holiday meals. It's so important to properly cook and prepare these birds, because you don't want anyone to get sick from a food-borne illness.

It does not matter whether you purchase a fresh or frozen turkey. But if you plan to purchase a pre-stuffed turkey, make sure it is frozen and has a seal that states it was inspected by either the U.S. Department of Agriculture or a state department of agriculture. The USDA does not recommend that you purchase a fresh, pre-stuffed turkey, because if handled incorrectly, harmful bacteria can quickly grow in the stuffing.

You can safely thaw turkeys in either the refrigerator, cold water or the microwave if the turkey is cooked immediately. You can safely cook a frozen turkey but realize that it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325 degrees Fahrenheit and place it on a rack in a shallow roasting pan. You can add one-half cup of water to the bottom of the pan to keep the turkey moist. For optimal food safety, the USDA recommends that you separately cook the turkey and stuffing, so you can make sure both items reach 165 degrees Fahrenheit.

Measure the turkey's internal temperature with a food thermometer, even if the turkey

includes a pop-up thermometer. Check the temperature in several locations including the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing to make sure the temperature is 165 degrees throughout.

Remember to store leftovers within two hours after the meal. Discard any food that's been left out longer than that. To make reheating easier, divide leftovers into small portions. Eat refrigerated leftovers within three to four days. Frozen leftovers will keep for two to six months. Remember when reheating leftovers, make sure the internal temperature of the food is at least 165 degrees.

More food safety information and timetables for proper thawing and cooking are available on the USDA Food Safety and Inspection Service



website at <http://bit.ly/1uKfrNI>. For additional food safety information, contact the Campbell County Extension office.

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Congratulations

Congratulations to the following Homemakers that will compete in the 2024 KEHA state cultural arts exhibit and competition. KEHA members from across the state are recognized for their outstanding and beautiful exhibits.

Name	Item	Place
Art, Natural (Wood)		
Judy Yeager	Wood Burning	1st
Embroidery (Tatting/Lace Making)		
Jennifer Duvall	Needle Lace Rose	1st
Needlepoint (Cloth Canvas)		
Jennifer Duvall	Dragon	1st



FAMILY BONDING
MANNERS
Matter

OPEN TO FAMILIES WITH YOUTH AGES 3-8 YEARS OLD.

DINNER.MANNERS.FAMILY
WEDNESDAY, NOVEMBER 15, 2023
CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076
CLASS IS FROM 5:30PM-7:00PM | REGISTRATION OPENS SEPT 11TH
ONLINE AT CAMPBELL.CA.UKY.EDU
OR CALL 859-572-2600

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT University of Kentucky




Crazy Quilters

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other.

Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

MEET THE 3RD MONDAY OF EACH MONTH

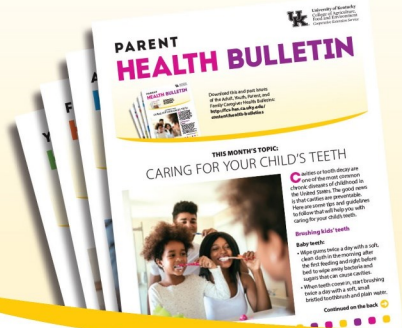
NO MEETING THIS NOVEMBER

Meeting Location: Campbell County Extension Office
Contact: Linda Booth (859)620-0262

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT University of Kentucky

PARENT

HEALTH BULLETIN



NOVEMBER 2023

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

Campbell County
Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
campbell.ca.uky.edu

THIS MONTH'S TOPIC:

TEACHING YOUR CHILD TO BE GRATEFUL



The upcoming holiday season is the perfect time to teach your children a very important life lesson about gratitude that can last well past Thanksgiving.

Gratitude, or being thankful, is a high-level concept that can be tricky for children to grasp. Children are naturally self-focused in their early years of development, but as children grow, they become more aware of the needs and feelings of others. This is the perfect opportunity to teach children to shift their focus from just thinking about people and things that they love and appreciate, to thankfulness and gratitude of those people and things.

Continued on the next page 



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When we teach our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

➔ Continued from the previous page

With that in mind, how do we teach our children to be grateful? One way to start is to talk with them about what they are thankful for. It can be easier to help children think about what they are thankful for in terms of people, places, and things.

- 1. Teach them to say thank you to the people who do things for them.** Model gratitude in the world around you and encourage them to do the same. This could be toward a server at a restaurant, a sibling who helped them clean up a mess, or a friend who gives them a gift.
- 2. Tell your kids why you are grateful for them.** Be specific in letting your children know they are special and loved. For example: "I appreciate the way you speak kindly to your sister," or "I am thankful to spend time with you practicing baseball."
- 3. Talk about the things you are grateful for.** You can do this in many ways, from a blessing before dinner to keeping a family gratitude journal or taking turns sharing what you are thankful for out loud.
- 4. Support a charitable cause.** Whether you donate clothes or toys, participate in a food drive, or raise funds for an organization, involve your child in the process, and talk to them about what those actions mean to those who receive the kindness.
- 5. Be consistent.** Like all skills, gratitude is not learned in one lesson. Look for ways to weave the concept of gratitude into daily conversations and routines.

Gratitude leads to caring actions and helps build more positive relationships. When we teach our children to feel and express heartfelt gratitude, it increases our bond with them and their ability to bond with others.

Research shows that grateful people are usually more optimistic. They tend to be less stressed out and depressed. When we teach



our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

REFERENCE:

<https://www.firstthingsfirst.org/first-things/teaching-young-kids-about-gratitude>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



ADULT

HEALTH BULLETIN



NOVEMBER 2023

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

Campbell County
Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
campbell.ca.uky.edu

THIS MONTH'S TOPIC:

KNOW YOUR FAMILY HEALTH HISTORY



Nov. 23 is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.

Continued on the next page ➔



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Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

➔ Continued from the previous page

You may know a lot about your family health history or only a little. To get the complete picture, it can be helpful to use family gatherings as a time to talk to relatives about gaps in your knowledge. Collect information about your parents, siblings (whole and half), children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. If family members are no longer living, you may use legal records such as death certificates or medical records to help fill in those blanks. Be sure to update the information regularly and share what you've learned with your family and with your doctor.

Most people have a family health history of at least one chronic disease, such as diabetes, cancer, or heart disease. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Even if you don't know all your family health history information, share what you do know with all your medical providers. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

Being aware of your family health history can also help you make healthy choices moving forward! You cannot change your genes, but you can change certain behaviors, such as smoking, activity level, and eating habits, and start participating in health screenings. Finding disease early can often mean better health in the long run, for you and your family members.

REFERENCE:

https://www.cdc.gov/genomics/famhistory/famhist_basics.htm



ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



FEEL GOOD FRIDAYS

Come join us for hands on crafts
in a mindful environment.

10:00AM

January 19th

February 2nd

February 16th

March 1st

March 15th

**CAMPBELL COUNTY
EXTENSION OFFICE**

3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

Registration

Opens November 10th
online at
campbell.ca.uky.edu
or call 859-572-2600

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10-MINUTE BEAN SOUP



Notes:

Cooked, dried beans may be substituted for canned beans. Using prepared dry beans in place of canned will reduce sodium in this dish. If you can't find diced tomatoes with basil, garlic and oregano, use regular diced tomatoes and add dried versions of these seasonings.

Servings: 4 Serving Size: 1/4 of recipe Recipe Cost: \$6.52 Cost per Serving: \$1.63

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
- 1 (14 ounce) can low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- ½ cup grated Parmesan cheese

Directions:

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix in lemon juice and Parmesan cheese just before serving. Optional, garnish with finely chopped fresh basil or dried basil.

Source: Caroline Durr, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

400 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 500mg sodium; 62g carbohydrate; 15g fiber; 4g sugar; 24g protein; 140% Daily Value of vitamin A; 160% Daily Value of vitamin C; 40% Daily Value of calcium; 30% Daily Value of iron.

JOIN US FOR A KIDS COOKING SERIES



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

GROWN-UP AND ME



THIS CLASS IS FOR YOUTH
AGES 6-8 YEARS OLD
TO ATTEND WITH 1 GROWNUP!!
EACH PARTICIPANT WILL
LEARN KITCHEN SAFETY,
COOKING SKILLS, GARDENING
AND BUILD FAMILY BONDING.

WE MEET THE 2ND
WEDNESDAY OF EACH MONTH
(FROM JAN-MAY) MONTHLY ATTENDANCE IS **REQUIRED**

5:30PM-7:30PM

MEETINGS TAKE PLACE AT CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY

Register Online at
campbell.ca.uky.edu or
Call (859)572-2600

REGISTRATION OPENS NOVEMBER 1ST AND
CLOSES JANUARY 3RD

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Holiday Countdown

Source: Annhall Norris, Food Preservation Extension Specialist

There is nothing like being home for the holidays. And there is no reason the holidays have to be stressful. If your home is where everyone gathers for Thanksgiving, Christmas, or other holiday meals, use the countdown below to make a game plan and eliminate the stress before it can start.

4 weeks out

- Send out invitations.
- Take an inventory of tables, chairs, cups, plates, napkins, and silverware. It's OK to use disposable dishes and utensils. Just make sure you have enough of whatever you decide to use.
- Place your order for a fresh turkey, if that's the type of turkey you are cooking.
- Place your order for a fully cooked turkey, ham, or roast, if that's your preferred entree.

3 weeks out

- Plan your menu, including all recipes.
- Make a detailed grocery list.
- Purchase containers for storage of leftovers or take-home favorites.

2 weeks out

- Follow up with guests to confirm the number of attendees.
- Double check your grocery list, and start shopping for shelf-stable items, beverages and anything frozen – this includes the turkey, if necessary.
- Locate your roasting pan and thermometer.
- Gather necessary equipment.



1 week out

- Clear out the fridge. Start using foods that are taking up space in your refrigerator and freezer.
- Make ahead any dishes that can be frozen and warmed up the morning of.
- Set out seasonal decorations.
- Make a holiday playlist for background music.

5 days before

- Check frozen turkey (ham or roast), and determine how long it will take to thaw. Allow 24 hours for every 4 to 5 pounds.
- Clean the house. You can allow two days for this!

4 days before

- Purchase fresh items for the menu.
- Purchase ice or make ice and place in bags in freezer.
- Make a cooking timetable for the morning of to ensure all dishes are cooked thoroughly and ready when needed.

3 days before

- Prepare table linens.
- Make a plan for keeping food warm. Set out warming plates or slow cookers.

2 days before

- Set the table or assemble the buffet.
- Set up a bar for drinks.
- Make cards identifying each dish so guests will know what they are eating and if any allergens are present.
- Thaw frozen dishes in the refrigerator for cooking the morning of.
- Spot clean high traffic areas in the house.

1 day before

- Make any dishes that can be made ahead of time – usually pies and desserts.
- Chop and measure ingredients for dishes that cannot be made ahead of time.
- Place drinks in cooler for icing the next morning.
- Set out fresh flowers.

The morning of

- Place turkey, ham, or roast in the oven.
- Start cooking items according to your timetable.
- Ice the drinks in the cooler.
- Set out fresh towels in the bathroom. Have a roll of paper towels in the bathroom as a backup as well.
- Relax and enjoy the day.

For more information on holiday meals or great recipes, contact your local Extension office.

References

<https://www.tasteofhome.com/article/holiday-hosting-checklist/>

<https://leisurelydoesit.com/thanksgiving-countdown/>



**EXERCISE
YOUR MIND
AND BODY.**

Family Fun & Calming Night

- Yoga for Kids
- Mindfulness
- Family Games
- Giveaways



New Year, New Healthy Habits!
Join us to get over the winter blues in a fun way as a family.
Open to families with youth ages 3-8 years old.

**Class
starts at
5:30 pm
on Jan
11th**

REGISTER NOW

859-572-2600



<https://campbell.ca.uky.edu>



3500 Alexandria Pike
Highland Heights, KY 41076



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

A Matter of Balance

These **FREE** Classes Help Participants Learn To:

- ◆ View falls and fear of falling as controllable
- ◆ Set realistic goals for increasing activity
- ◆ Change their environment to reduce fall risk factors
- ◆ Promote exercise to increase strength and balance

Designed To Benefit Community-Dwelling Older Adults Who:

- ◆ Are concerned about falls
- ◆ Have sustained a fall in the past
- ◆ Restrict activities because of concerns about falling
- ◆ Are interested in improving flexibility, balance and strength
- ◆ Are age 60 or older, ambulatory and able to problem-solve

7 Week Program on Tuesdays

February 6 -March 19, 2024

10 a.m.-noon

**SPACE IS LIMITED TO
20 PARTICIPANTS**

**Registration is required
Call (859) 572-2600 to register.**

Location:

Campbell County Cooperative Extension Service
3500 Alexandria Pike, Highland Heights, Kentucky 41076

Instructor: Kate Vaught Thompson

*“I am already noticing
a difference in my
physical being.
I plan to continue
these exercises.”*

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accommodated
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