



Lion's Mane Mushrooms: Superfood or too good to be true?

Source: Anna Cason, Senior Extension Associate for Food and Nutrition



Lion's mane mushrooms are common in Chinese and Japanese cuisines. They have a tougher texture than other mushrooms. Chefs often use them as a meat substitute. As with any wild mushroom, you should not harvest and eat them. You can buy lion's mane mushrooms in some stores or online. Be careful that a trusted seller is offering it because mushrooms can be toxic.

Lion's mane mushrooms have been in the media lately for their supposed benefits for the brain. These mushrooms have been used in traditional Chinese medicine for centuries, where many of these ideas started. Studies show that lion's mane mushrooms have more helpful compounds than other common mushrooms like oyster, shitake, white, and portabella. Lion's mane also has the highest amount of the amino acid, L-ergothioneine. It is not found in other plants or animals. This protein building block is thought to act as an antioxidant.

Antioxidants help protect against damage that can lead to health problems. Lion's mane also has high amounts of polyphenols, which are another type of antioxidant.

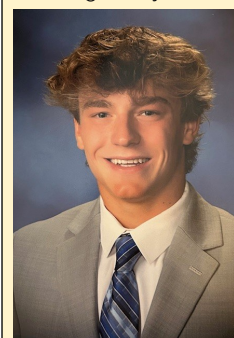
In the U.S., most people take lion's mane mushrooms as a supplement instead of eating it. These supplements are often sold as powders you can mix into drinks or food. Some studies have shown that these might help the brain work and perform at many ages. But, this help seems to go away if you stop taking the supplement.

While studies have found no serious side effects, all supplements carry some risk. The ingredients and amounts in the supplements might not match what is on the label. The U.S. Food and Drug Association has not approved lion's mane supplements for treating any health issues. The FDA does not regulate any lion's mane supplements.

When it comes to health and eating habits, we recommend getting nutrients from food first. But, lion's mane mushrooms might not be easy to add to your food plan. They might be hard to find or high priced. Luckily, you can find many of the same nutrients in other foods, like fruits and vegetables. L-ergothioneine is found in other types of mushrooms, which are more common in grocery stores. While lion's mane

2025 Elizabeth A. Porter/ Gladys M. Lickert Scholarship Winner

Congratulations to Charlie Ford on winning this year's scholarship. He



will be attending University of Kentucky in the fall to major in finance and accounting.

mushrooms can be healthy, it's best not to focus on just one food. Eating a balanced diet with fruits, veggies, grains, protein, and dairy is the best way to get the nutrients we need.

References

Docherty, S., Doughty, F. L., & Smith, E. F. (2023). The Acute and Chronic Effects of Lion's Mane Mushroom Supplementation on Cognitive Function, Stress and Mood in Young Adults: A Double-Blind, Parallel Groups, Pilot Study. *Nutrients*, 15(22), 4842. <https://doi.org/10.3390/nu15224842>

Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2009). Improving effects of the mushroom Yamabushitake (*Hericium erinaceus*) on mild cognitive impairment: a double-blind placebo-controlled clinical trial. *Phytotherapy research* : PTR, 23(3), 367–372. <https://doi.org/10.1002/ptr.2634>

<https://fdc.nal.usda.gov/food-details/1999626/nutrients>





Campbell County Extension Homemakers need officers for the upcoming year. If you are interested, or would like more information, please call Pam Fields at 513-519-5823.

UK Cooperative Extension and our Homemakers offer many opportunities for developing new skills, new friendships, having fun, as

well as opportunities to help others. Research has shown that these things can bring better mental health and well being. Our Lunch Bunch, Makers, Valley, and Crazy Quilters Clubs welcome new members.

Campbell County at Annual KEHA (KY Extension Homemakers Association)



Campbell County Homemakers who attended the State HM Meeting in May, left to right, are: Pam Fields, Mary Lou Vogel, Marietta Knuehl, Octavia Dales, and Sue Linnenkohl.

Last month Campbell County was well represented at the Annual KEHA (KY Extension Homemakers Association) State Meeting and I can truthfully say that it was time well spent! Check out the picture of the five ladies who attended. They learned much in their seminars and craft classes and all have brought back good ideas and are willing to share—just ask them! We took 10 quilt squares for auction, donated to the Area's basket for the raffle, took items for the silent fundraiser auction, had Campbell County highlighted in the Showcase with a trifold made by Sue Linnenkohl. Pam Fields won a blue ribbon on her first-ever state entry in Cultural Arts for her needle felted project. Next year the meeting will be held at the Hyatt in Lexington again, so be sure to save the date on your calendar and plan to attend May 12-14, 2026.

PLEASE NOTE...

The Nomination Team (Glenda Harned, Sue Linnenkohl, and Mary Lou Vogel) await your answer to the call for officers that has been in our newsletter. Without officers, our Homemakers organization can't function properly—or, maybe not at all. You can also call me, but please do so by the **June 10th deadline** the team has set.

Pam Fields



Hello Homemakers!

June will be a busy month for extension classes, club meetings, the County HM Council meeting on June 12th, final collections for this HM year of medicine bottles and bunnies, and don't forget about the Campbell County Homemaker Annual Meeting. Debbie Hyson and her committee have planned an informative and fun evening to include: dinner, door prizes, and, you can meet the officers for the coming 2025-26 HM year. Make sure you send in your reservation!

I'd like to end with "Thank You" to all of you who have participated in our Homemaker clubs and activities this year. A big "THANK YOU" to all who have taught, been on committees, have done special projects, and to those who have served as club or county Chairpersons or Officers! We couldn't have done it without you. We've had many opportunities to learn new skills, make or continue friendships, enjoy time together, and improve our lives and the lives of others through our charitable efforts.

You Homemakers just make life better! I looking forward to seeing you at the Annual Meeting,

Pam Fields, Campbell County President

LUNCH BUNCH

June 3 — 11:00

Ford's Garage
4911 Houston Rd.
Florence, KY 41042
Call/Text RSVP by May 30 if you
plan to attend .
859-816-8707

July 1 — 11:00

Outback Steakhouse
7731 Five Mile Road,
Anderson Township, OH
Call/Text RSVP by June 27 if you
plan to attend or would like to
carpool.
859-816-8707

**TIME FOR
LUNCH**



Medicine Bottle Collection Event

Please clean and remove the label. Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office. M-F 8-4:30pm.

We collected 802 medicine bottles so far this year. A big THANK YOU to all who collected and donated bottles.

Those living with Alpha-Gal Syndrome can still lead normal lives

Source: Heather Norman-Burgdorf, Department of Dietetics and Human Nutrition Associate Professor

Ticks are bad news in general, but the lone star tick brings an extra problem: it can leave behind a sugar molecule called alpha-gal that may flip a person's immune system against red meat and other products that come from mammals.

Evidence points squarely at this one species; so far, no other tick in Kentucky has been linked to the syndrome. When the tick feeds on wildlife, alpha-gal can build up in its saliva. During a bite, that sugar slips into a person's bloodstream. Because humans don't make alpha-gal, the body considers it a "threat." After that, beef, pork, lamb—anything from a mammal—can trigger the same immune response, even hours after a meal.

Reactions aren't guaranteed. Some bites never cause trouble, and larval "seed ticks" seem less risky than the larger nymphs and adults. Still, Kentucky sits near the top of the national charts for confirmed cases, so prevention and practical know-how matter.

If a doctor pins down the diagnosis, the first rule is avoidance. Red meat is obvious, but alpha-gal lurks in gravies, gelatin, glycerin, certain pill coatings, a few vaccines, and even animal-derived heart valves. Dairy may or may not set



someone off; it varies. Reading labels becomes routine, especially for ingredients like gelatin, glycerin, magnesium stearate, or bovine extract.

However, dropping mammal meat and avoiding other triggers doesn't leave a person with limited food options, especially high-protein foods. Poultry, fish, shellfish, eggs, beans, lentils, nuts and seeds can all stay on the menu. For example, ground turkey can fill in for hamburger, and plant-based butter can replace the real thing when baking. It may seem frustrating, but to some, sharing their time, practice and exploring new foods is helpful when making big changes to the diet. Those shifting

toward a mostly plant-based diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatin- and talk to your health-care provider or pharmacist.

Avoiding fresh bites helps, too. Lone star ticks favor brushy edges and overgrown paths from spring through late summer. Long pants, permethrin-treated clothing, and repellents like DEET or picaridin lower the odds. After time outdoors, inspect yourself, kids, and pets carefully and remove any ticks with fine-tipped tweezers.

Unfortunately, there is currently no medication to erase the allergy once it sets in, but with steady precautions—reading every label, asking about hidden ingredients, staying vigilant about ticks—people can manage daily life, travel, and social events without constant flare-ups.

For more detailed guidance on living with alpha-gal syndrome, see the University of Kentucky's publication at <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3646.pdf>.

Contact the Campbell County Extension office for more information on alpha-gal and red meat allergies.

SYMPTOMS OF ALPHA-GAL SYNDROME

HEADACHES

WHEEZING

ANAPHYLAXIS

SNEEZING

A RUNNY NOSE

STOMACH PAIN

NAUSEA OR VOMITING

DIARRHEA

SWELLING OF THE LIPS, FACE
OR OTHER BODY PARTS

HIVES

"The Homemakers Before Us"

Join us for an evening of dinner, installation of officers and fun honoring the history of Homemakers as we move into the new Homemaker year.

Everyone is encouraged to wear an apron – new or well-loved, fancy or functional, vintage or retro – put it on and join in the Parade of Aprons. When Homemaker meetings were held in the home, these aprons were surely put to good use so let's get them out and show them off, show we remember and still do wear aprons.

Have that competitive spirit? Sign up for the Dessert Competition promising fame, recognition and a prize to the best homemade dessert of the evening. Bring your recipe to display with your entry and share with your fellow Homemakers, too.



Campbell County Homemakers Annual Meeting June 23, 2025 6-9PM

Campbell County Extension Office | 3500 Alexandria Pike | Highland Heights, KY 41076

Registration required by June 6, 2025

Cost: \$20 for members | \$25 for non-members.

Mail the form with your payment today!

Check payable to:

Campbell County Extension Homemakers Association

Mail to: Marcia Kerby

372 Shadow Ridge

Cold Spring, KY 41076

Questions? Contact Debbie Hyson (859-512-6400)

Name _____

Phone _____

Address _____

City _____

State _____ Zip _____

E-mail _____

☐ Member ☐ Non-Member

☐ Yes, sign me up for the dessert competition



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Bunny Project Continues: Extended Dropoff Date

Dear Homemaker Members, a big THANK YOU! to those who have made bunnies for the community outreach project! We are still asking everyone to participate in this project to brighten the day of some of our residents in our local care facilities. It is a simple pattern (on next page) that can be hand or machine sewn, then stuffed.

This bunny can be made in any color of fabric you choose and may be embellished with ribbons, lace, buttons, etc. , if you like. The more bunnies we receive, the more kindness we can spread!

Finished bunnies can be dropped off any time at the reception desk of the Extension Office so that we can continue distributing them.

We will continue delivering bunnies as we receive them. The last drop-off date is extended to June 23rd, you can bring them with you to the Homemaker Annual Meeting.



"These are examples of some of the bunnies members have already made for distribution to area care facilities. Please join us in making bunnies for this worthwhile project."

Remember, any of us could be in a care facility ourselves one day--this simple project lets us show caring to those who are there now. Thanking you in advance, Pam Fields



Kate Vaught Thompson

Kate Vaught Thompson
Campbell County Extension Agent for
Family and Consumer Sciences

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-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Bunny Sewing Template

1

Pin the template to two pieces of scrap fabric, right sides out.

2

Cut with pinking shears.

3

Top stitch by-hand or on a sewing machine, stuff and stitch closed.

10 Foods to Help Relieve Stress

(<https://www.aarp.org/health/healthy-living/info-2022/foods-to-relieve-stress.html>)

“What you eat has a great deal to do with how you feel, notes nutrition scientist Penny M. Kris-Etherton, professor of nutritional sciences at Penn State University. “When you’re under stress, you may crave a glazed doughnut dipped in sprinkles — but tempting as it is, it won’t help your spirits and will probably leave you feeling grumpy and fatigued. You need calming foods that relieve stress and improve your mood. Here are 10 of them.”

1. Sweet potatoes



These orange gems are rich in complex carbohydrates that stimulate the brain to

produce serotonin, a type of chemical that can serve as a mood stabilizer. Researchers note that compounds in sweet potatoes help lower levels of the hormone cortisol, which is involved in regulating the body’s response to stress. Sweet potatoes are also rich in magnesium, often considered one of the best minerals for promoting calmness and improving mood.

2. Spinach



This leafy green is a good source of magnesium, a mineral associated with

reduced levels of stress and anxiety. In addition, the leaves are rich in vitamin C, which the body can’t produce on its own. A lack of C has been linked to increased stress levels. Spinach also contains abundant amounts of folate,

also called vitamin B9, as do kale, broccoli and cauliflower. Folate stimulates the production of dopamine, a brain chemical that helps brain cells communicate with each other. Use these nutrient-rich veggies in salads or as raw snacks — cooking can deplete some of their benefits.

3. Avocados



The pale-green flesh found beneath a tough shell is a good source of a family

of B vitamins that play a role in producing brain chemicals to reduce stress and boost mood. Some of these naturally occurring chemicals also help prevent anxiety and relieve irritability. In addition, avocados provide lutein, a nutrient important for both brain health and eye health. Lutein improves memory as well as problem-solving ability. Avocados contain unsaturated fat, the kind usually called good fat because it can help improve blood cholesterol levels and stabilize heart rhythms. Serve avocado chunks in a colorful salad or mash the pulp for a buttery spread.

4. Winter squash



All types of winter squash, including fall favorites such as pumpkin,

butternut, acorn, delicata and Hubbard, are rich in omega-3 fatty acids, which are important for brain health as well as heart health. Part of a family of polyunsaturated fats, omega-3s help protect against the devastating effects of chronic stress, which can damage the region of the brain responsible for memory. For an added treat, clean the seeds of pulp in cool water, pat them dry and roast them with some olive oil and a bit of salt.

5. Yellow bell peppers



Although oranges are considered the go-to food for vitamin C, yellow bell peppers

contain almost twice as much of this vital nutrient and less than half the sugar. Vitamin C supports the immune system and helps regulate levels of cortisol, the hormone the body releases when under stress. Bell peppers tend to dry out easily; store them in the vegetable compartment of your fridge, and include a damp paper towel to help prevent moisture loss.

6. Black-eyed peas



Eating black-eyed peas on New Year’s Day is said to bring good

luck, but they do far more than that; these beauties benefit you throughout the year. Actually a pale beige bean with a noticeable black spot, black-eyed peas and their relatives — lentils, soybeans, lima beans and peanuts — are rich in nerve-soothing thiamine (vitamin B1). Thiamine is sometimes called an anti-stress vitamin because it strengthens the immune system and bolsters the body’s ability to withstand stress. Cooks debate the necessity of soaking black-eyed peas before cooking (canned black-eyed peas don’t need to be soaked). Whether you do or not, spread the dried beans on a baking sheet, toss out the shriveled ones and any bits of grit, and you’re good to go.

7. Eggs



Whether you choose to serve them soft-boiled, hard-cooked, scrambled or coddled, eggs

benefit your brain and nervous system. People under stress often feel irritable,

angry and fatigued. Here's where the humble egg comes in. An egg yolk is packed with more than 20 percent of the daily recommended amount of tryptophan, an amino acid needed to produce serotonin. In turn, serotonin, a chemical that carries messages between nerve cells in the brain, seems to ease stress and promote a feeling of calm, notes an article in the journal *Nutritional Neuroscience*. Bonus: Egg yolks are also a stellar source of vitamin D, linked to protecting against memory loss and forgetfulness.

8. Beets



Feeling edgy and stressed? Reach for a serving of magnesium-rich beets to add to your plate.

Magnesium helps increase levels of serotonin, a brain chemical that plays a major role in regulating mood. A shortfall of serotonin can cause anxiety, fatigue and irritability. According to an article in the journal *Nutrients*, symptoms of magnesium deficiency are similar to those of stress. Stress can cause magnesium loss and, in turn, a magnesium deficiency could increase the body's susceptibility to stress. To prepare beets, boil, steam or roast them, and don't bother peeling. Choose either red or golden beets; they provide the same benefits.

9. Broccoli



This fast-growing annual vegetable is a great source of vitamin C. In fact, broccoli outranks

oranges by 2 to 1 in the C department: 100g of cooked broccoli has nearly twice as much C as 100g of an orange. Why is C important? A lack of this vitamin has been linked to increased levels of stress. In addition, although it

doesn't make the top list of magnesium-rich foods, broccoli supplies a creditable amount of this mineral. A shortage of magnesium could make the body less able to withstand the effects of stress.

10. Almonds



Grab a handful of almonds before you rush out the door in the morning. Your day may be more stress-free than you expected. Almonds are a rich source of B vitamins, which help the body manage stress. Eat them

either with or without the skins; the choice is yours. Tired of almonds? Swap them out for pistachios or walnuts. Both can help ease your racing heart when you're under pressure. Whichever nuts you choose, if you are watching your weight, remember to limit yourself to just a handful a day because they're all high in calories.

(Provided by Pam Fields, Area and Campbell County HM: Family and Individual Development Co-Chair)

Cooperative Extension Service

Plan to join us for a discussion...

For fans of historical fiction, this is an absolute must-read. Confronting, challenging, and illuminating, this story will linger long after the final page.

by Kelley Rimmer

Wednesday, July 23, 2025

6:00pm - 7:30pm

Campbell County Cooperative Extension

3500 Alexandria Pike | Highland Heights, KY 41076

Registration Required: 859-572-2600

or online: <https://campbell.ca.uky.edu/events/>

Please note:

- You must supply your own book.
- Read the book before the gathering.
- Must be 18 years or older to register.

CAMPBELL COUNTY COOPERATIVE EXTENSION BOOK CLUB

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Lexington, KY 40506

Disabilities accommodated with prior notification.

2025

Flower Buds



Martin-Gatton
College of Agriculture,
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University of Kentucky

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 15 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

2025 Flower Buds Schedule:

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

- ☐ Thursday, August 7
- ☐ Thursday, September 4
- ☐ Thursday, October 2
- ☐ Thursday, November 6
- ☐ Thursday, December 4



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

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ADULT HEALTH BULLETIN



JUNE 2025

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
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THIS MONTH'S TOPIC

WATER SAFETY IS FOR EVERYONE



Lots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

Continued on the next page ➔

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If you get caught in a rip current,

do not try to fight against it.

Swim parallel to the shore

until you're out of the current,

then swim back to shore.

→ Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.

- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Rice and Bean Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10-15 minutes

Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

Nutrition facts

per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition, University of Kentucky Cooperative Extension Service



Northern Kentucky Extension Homemakers

Scholarship Information & Guidelines

General Guidelines for Both Scholarships

- ❖ Scholarship applications are due to the Area Chairpersons by August 15th and will be judged by September 15th.
- ❖ Applicant must be a paid Extension Homemaker member by December 31st of the previous year to apply for a scholarship.
- ❖ Applicant may not win two consecutive years.
- ❖ Scholarships will be judged within the area by a committee consisting of the Area Leadership Development, Community Outreach & Scholarship Chairpersons and the Area Contact Agent for the committee.

Nellie Ellis Scholarship

- ❖ The scholarship must be used for training that would bridge the applicant into the workforce and/or allow for greater earning potential.
- ❖ One \$250 scholarship will be awarded.
- ❖ Upon proof of acceptance, scholarship funds will be sent directly to the Educational facility.
- ❖ If fees for classes or courses do not meet the total of \$250, a partial scholarship shall be granted. The remaining funds can be used for an additional scholarship. Otherwise, the remaining funds will be added to the general fund for the following year.

Enhancement Course Scholarship

- ❖ The scholarship must be used for a course or class of learning enhancement nature.
- ❖ Two \$50 scholarships will be awarded.
- ❖ Winners will be chosen at random.
- ❖ Learning enhancement courses can be paid by the Extension Homemaker ahead of time and a receipt signed by the instructor should be given to the Area Treasurer for reimbursement —OR— an area check can be made out for the course before the class is taken.
- ❖ The class must be taken within the year the scholarship is won.

Northern KY Leadership Development, Community Outreach & Scholarship Chairpersons:

Mary Jane Day

450 Day's Lane, Sparta, KY 41086

Louise Hiles

400 Tapering Pointe Road, Glencoe, KY 41046

Northern Kentucky Extension Homemakers Scholarship Programs

Application Form

Application is due August 15. Please send your completed application to one of the Area Leadership Development, Community Outreach & Scholarship Chairpersons or the Area Contact Agent for the committee. These individuals are listed on the information & guidelines sheet.

For which scholarship are you applying? (See guidelines for more information)

_____ Learning Enhancement Course Scholarship _____ Nellie Becham Ellis Scholarship
\$50 scholarship for personal class or workshop \$250 scholarship for returning to school
(ONLY complete the Personal Information section for the Learning Enhancement drawing)

Personal Information:

Name _____
Ms. _____
Mrs. _____
Mr. _____ First _____ Middle/Maiden _____ Last _____

Address _____

City _____, State _____ Zip Code _____

Home Telephone _____ Email _____

Extension Homemaker Affiliation (Club &/or County) _____

Complete ONLY for Nellie Ellis Scholarship:

Please Check One: _____ College/University _____ Technical/Vocational School

Accepted at _____ (school name)

— OR —

Applied for acceptance at _____ (school name).

Address of School _____

City _____, State _____ Zip Code _____

Nellie Ellis Scholarship Applicants, Please Complete the Information on the Reverse Side!

Background Information

Work History. If you have been in the work force, please list your experience below.

Leadership & Volunteer Contributions. Please list some of the major projects and organizations in which you have been involved.

Educational Background. List in chronological order, starting with high school, all schools or training courses you have attended.

On a separate page, please write a personal statement. Include items such as your personal history, your need for the scholarship, your career goals, your reasons for continuing education, etc. Please type or print. (Limited to two pages.)

PARENT HEALTH BULLETIN



JUNE 2025

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 Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC

TALKING WITH YOUR CHILD ABOUT CANCER



Finding out that a loved one has cancer can be shocking. Trying to explain it to your child can feel overwhelming. It can seem easier or simpler not to say anything or to give them as little information as possible. However, talking with your child openly and honestly is vital to help them understand.

Every person and family may talk about difficult topics differently. Some basic ideas can help you frame and explain cancer to your child while still being mindful of their feelings and ability to understand.

- **Use plain language, reassure them that cancer is not contagious, and address their questions and feelings.** It's also helpful to discuss any visible physical changes and how the illness will affect their lives.

Continued on the next page ➔

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It can be helpful to explain that cancer is a type of sickness that is not contagious, so they can't catch it.

→ Continued from the previous page

- **Choose the right time and place.** Pick a time when everyone is calm, and you can focus on the child. It can help to find a quiet and comfortable space where you can talk openly without others listening or kids being easily distracted.
- **Start with a simple explanation.** For young children, use simple terms. It can be helpful to explain that cancer is a type of sickness and identify the part(s) of the body it is affecting. Explain that cancer is not contagious, so they can't catch it. Then try to explain the ways this diagnosis might affect the person right now. For example, if the person is going to have treatment that may cause hair loss or limit the contact that they can have, it can be helpful to give the child time to process those changes. A simple explanation might sound like, "Aunt Maggie has a sickness called cancer in her lungs. Doctors are trying to help her get better, but the medicine she needs may make her hair fall out. Aunt Maggie might look different to you, but she still loves you very much! We may not see her very much for a while, because our germs could make her even sicker. But we can draw her pictures or call her on the phone."
- **Older children can understand more about cancer being a serious illness in which cells in the body aren't working correctly.** If the cancer is in an organ or place less familiar, it might be helpful to use a visual aid like a drawing or doll to show where it is located.
- **Encourage them to ask questions and share their feelings.** Listen to their concerns and explain that feeling scared, sad, or angry is OK. Let them know that they didn't cause cancer and that they cannot catch it. Answer questions honestly and openly, even if you don't have all the answers. Tell them that you'll be there for them and help them through this.
- **It can take time for children to process information.** They will likely come back to you later with questions or thoughts. Remember to be patient and understanding, and willing to



repeat information more than once. Children have developing attention spans. New concepts that can be overwhelming can make it difficult for them to take in lots of new information at once. Allow many conversations over time to give information about details or future possibilities.

By being honest, open, and supportive, you can help your child understand and cope with a cancer diagnosis. Consider seeking support from a child life specialist, social worker, or psychologist to help with processing the situation if needed.

REFERENCES:

- <https://www.cancer.org/cancer/caregivers/helping-children-when-a-family-member-has-cancer/dealing-with-treatment/intro.html>
- <https://www.cancer.org/cancer/caregivers/helping-children-when-a-family-member-has-cancer/dealing-with-treatment/talking-to-kids.html>

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.

Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.



PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

DO Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith_Family_Home or 2_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

DO Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

Cooperative Extension Service

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Disabilities
accommodated
with prior notification.

CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.



DO Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

DO Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

DON'T Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

DO Secure your social media accounts as much as they will permit.

DON'T Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

DO Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

REFERENCES

U.S. Department of Defense (2021). The Identity Awareness, Protection, and Management (IAPM) Guide. Twelfth Edition. https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD_IAPM_Guide_March_2021.pdf?ver=FDvB5WW2UB_vxPVQBJuVww%3d%3d

United States Attorney's Office, Northern District of Georgia. (2025, January 30). Protecting Yourself While Using The Internet. <https://www.justice.gov/usao-ndga/protecting-yourself-while-using-internet>




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June 2025



Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <ul style="list-style-type: none"> Lunch Bunch - 11:00am <i>Ford's Garage - 4911 Houston Rd., Florence</i> 	4	5 <ul style="list-style-type: none"> Flowerbuds Program - 10:00am 	6 <div>Registration Deadline For Homemakers Annual Meeting</div>	7
8	9 <div>Campbell County Cooperative Extension MAKER CLUB</div> <ul style="list-style-type: none"> Homemakers Maker Club Meeting - 6:00-8:00pm 	10 <ul style="list-style-type: none"> Canning Class 10:00am Valley Homemaker Meeting 10:00am 	11	12 <ul style="list-style-type: none"> Homemaker Council Meeting 10:00am 	13	
15 <div>HAPPY <i>Father's Day</i></div>	16	17	18	19 <div>FREEDOM DAY JUNETEENTH JUNE 19</div> 	20 <div>First Day of Summer!</div> 	21
22	23 <div>"The Homemakers Before Us"</div> <div>Homemakers Annual Meeting 6-9pm</div> <div>Final "BUNNIES" Collection</div>	24	25	26	27	28
29	30	<div>LOOKING AHEAD...</div> <ul style="list-style-type: none"> July 1st—Lunch Bunch - 11:00am <i>Outback Steakhouse, Anderson Township, OH</i> 		<div>All Events and Programs are at the Campbell County Extension Office unless otherwise noted.</div> <div>3500 Alexandria Pike Highland Heights, KY 41076</div>		