



Holiday Online Shopping Savvy

Source: Kelly May, Senior Extension Associate



encrypts your information as the transaction is processed.

Use credit cards instead of debit cards to make purchases online. 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 charges made online. Review your statements and report any suspicious transactions to your credit card company. You also can request a free credit report from the three credit reporting agencies Experian, TransUnion or 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 to keep it up to date with the latest security features. This includes updating apps, browsers and your operating system. Password protect your home connection to keep your personal internet network secure.

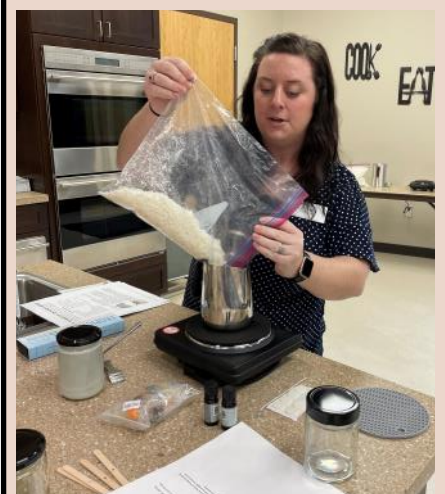


The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can 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 an https:// web address. The "s" after "http" shows that the website

Fall Festive Candle



Liz Evans, Boone County FCS Agent, hosted a candle making program at the Campbell County Extension Office, she teamed up with Kate Thompson, FCS Agent at the Campbell County Extension Office to kick off autumn by making a fall scented candle with participants!

Letter from the Campbell County Homemakers President



We've had an active fall so far with Campbell County Homemakers; from quilt retreats, lunches out, Club meetings, Area meetings, and an Ice Cream Social, to name only a few.

Now as we head into the holidays, remember to take time to take care of yourself, check in on your friends and family, and keep gratitude in your heart.

Here is a favorite little quote of mine by Maureen McCullough "My socks may not match, but my feet are always warm." I encourage you to take a moment everyday to notice the little things around you that make your life whole.

Jennifer Duvall



A group of us joined together for lunch at the Hofbrauhaus in Newport. There was at least 15 or more of us. We could only capture these few for a picture.

Lunch Bunch



Tuesday, November 1, 2022

Cheddar's

11:00 a.m.

6935 Houston Rd, Florence, KY 41042

Voicemail or Text **Pam Fields** at

513-519-5823

if you would like to attend or carpool.

Tuesday, December 6, 2022

National Exemplar

(Mariemont Inn)

11:00 a.m.

6880 Wooster Pike, Cincinnati, OH 45227

Voicemail or Text **Marsha Kerby** at

859-816-8707

by December 1st

*If you have never joined us, now is the time.
The Inn is beautifully decorated for Christmas.*

We will carpool from the office at 10:15.

Next Valley Homemakers Meeting

November 8th — 10:00 a.m.

Campbell County Extension Office.

Come and join in the fun with us!

Hope to see you then, but if you can't attend, please send your ideas to Pam at 513-519-5823. ☺

LOOKING AHEAD...

Date	Event
November 1 11:00 a.m.	Lunch Bunch Cheddar's — 6935 Houston Road, Florence, KY 41042 Call/Text Pam Fields - 859-519-5823
November 8 10:00 a.m.	Valley Homemakers Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
November 17 9:30 a.m.	Homemakers Holiday Painting Party Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
November 18 & 19 10:00 a.m.	Crazy Quilters Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
November 30 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
December 6 11:00 a.m.	Lunch Bunch National Exemplar (Mariemont Inn) - 6880 Wooster Pike, Cincinnati, OH 45227 Call/Text Marsha Kerby 859-816-8707

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: **Mary Lou Vogel, PO Box 6, Silver Grove, KY 41085 by December 1, 2022.** 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!





The Homemakers gifted former Valley and Campbell County President Betty Duvall with a Crepe Myrtle for her new home in Georgia. As many of you may already know, Betty and her husband, Dale have relocated to a small town just outside of Savannah. The Homemakers wanted to show their appreciation for the years of service and friendship that Betty gave to the organization. Best wishes for their new adventure.



Campbell County Homemakers attended the Triennial Meeting on October 12th at Receptions.

November 24, 2022 is National Family Health History Day



November 24, 2022 is National Family Health History Day and a great time to ask about the family's health at your Thanksgiving get-together. Even if a sibling or parent didn't have a major health concern like diabetes, cancer, or heart issues, you might be more likely to get it if other family members have. It does not mean you're destined to, but knowing the family's health history will alert you to the possibilities. Many risk factors are preventable and finding out what they are will, hopefully, prompt you to consider your life choices in regard to your health.

(Pam Fields, Campbell County Homemakers — Food, Nutrition & Health Chair)



**Valley Homemakers
Sock Drive
Now Through
November 15th**

A donation bin is located at the extension office for people to drop off their Socks. These are going to "Disabled Veterans"

Campbell County Homemakers Members Making a Difference



Cards became my interest when Doris presented a card making event at the Valley Homemakers meeting a few years ago. It was so fun and an easy way to send words of cheer and encouragement to people.

During COVID when my other avenues of service work closed up, cards became a major source of activity for me. I reached out to the Brighton Center in Newport, and sure enough they were willing and eager to have notes of cheer and encouragement for their clients. They distribute them to their seniors, Women's Recovery Center, and to the young adults and children in their various programs. It has been therapy for me during the shut down period. I have received many messages from Brighton that their clients totally enjoy the words of encouragement and kind thoughts. If you have a few moments in the day, think about making and sending a card to someone... It could change a person's entire day! There are many opportunities out there!



Campbell County Valley Homemakers Club



The Valley Homemakers Club had a flower bouquet design program as part of their monthly meeting.



Kate Vaught Thompson

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

Katrina Harney
Campbell County Extension Assistant for
Family and Consumer Sciences

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To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Martha Alexander, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410, 202-720-5964.

Save the Date!
2023 KEHA State Meeting
May 9-11, 2023



Crowne Plaza
Louisville, KY

Theme: **KEHA, Let's Take a Hike**

2022 Campbell County Cultural Arts Results

Name	Description	Place
3. Art, Natural (a) Wood		
Pam Fields	Dried Flowers	1st
7. Ceramics - (c) Pre-made		
Pam Fields	Coaster	1st
12. Embroidery (a) Basic		
Jennifer Duvall	Autumn Leaves	1st
12. Embroidery (c) Basic		
Jennifer Duvall	Bird	1st
12. Embroidery (i) Miscellaneous		
Jennifer Duvall	Butterfly	1st
14. Holiday Decorations (a) Autumn		
Pam Fields	Silver Tray	1st
14. Holiday Decorations (d) Winter		
Pam Fields	Santa	1st
15. Jewelry (c) Original Design		
Pam Fields	Pin	1st
19. Painting Art (a) Acrylic		
Debbie Hyson	Mix Media Collage	1st
21. Photography (b) Color (mounted and framed)		
Ann Scheve	Mantis	1st
22. Quilts (b) Baby or Lap Sized (machine quilted)		
Marcia Kerby	Horseback Riding Theme	1st
22. Quilts (f) Machine Pieced (hand quilted)		
Juanita Mitchell	Wall Hanging	1st
23. Paper Crafting (a) Card Making		
Pam Fields	Christmas	1st
26. Weaving (a) Hand (macrame, caning)		
Judy Yeager	Pin Weave Heart	1st
27. Miscellaneous		
Mary Lou Vogel	Table Runner	1st



Campbell County Homemakers



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

HOLIDAY Painting Party

**Thursday,
November 17th**

Location:

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

Cost:

\$17 for members
\$25 for non-members

Light Refreshments included



Doors open at 9:30 a.m. | Class starts at 10 a.m.

Proceeds benefit Campbell County Homemakers Scholarship Fund

**Registration
deadline is
November 1st**

**Limited space
available**

Name _____
Address _____
Phone _____
Email _____

Please send Registration Form and Payment to:

- **Check payable to:** Campbell County Extension Homemakers
- **Mail to:** Debbie Hyson, 5298 Weaver Lane, Cold Spring, KY 41076

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Disabilities
accommodated
with prior notification.



College of Agriculture,
Food and Environment

Join us to make your own FABRIC/RIBBON GARLAND for any Holiday or Home Decor



DECEMBER 6TH 2022 10AM AND 6PM

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

Register at campbell.ca.uky.edu or call 859-572-2600

Supplies will be provided but if you would like to bring ribbon or any extra fabric from home you can bring your own.

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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.

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JOIN US FOR A KIDS COOKING SERIES

GROWN-UP AND ME



College of Agriculture,
Food and Environment



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
THURSDAY 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 DECEMBER 9TH AND
CLOSES JANUARY 5TH



Cooperative Extension Service
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Family and Consumer Sciences
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ADULT HEALTH BULLETIN



NOVEMBER 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 Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC:

STAY HEALTHY AS WINTER APPROACHES



The seasons are changing, and winter weather will soon be here, even if the official first day of winter is not until Dec. 21. You should plan now to stay safe and healthy during cooler temperatures and impending winter weather.

Keep moving

You do not need to stop exercising outdoors just because temperatures are falling. By changing your routine, you can continue to enjoy the fresh air and scenery of the outdoors while you move. Think about adding the following to your current exercise practice:

- **Warm up** with stretching and light activities before you exercise vigorously.
- **Layer up for warmth.** Wear an inner layer that does not absorb moisture, an insulation layer to retain heat, and an outer layer to protect you from wind, rain, and snow.

Continued on the back 



Install a CO detector in your home to protect yourself from carbon monoxide poisoning.



➔ Continued from page 1

- **Drink plenty of water.** You can get dehydrated in cold weather too!
- **Try activities** like snowshoeing, cross country skiing, or ice skating to add seasonal variety.
- **Watch the weather** to avoid really low temperatures or snowstorms.
- **Let your friends and family know** where you will be before you go out.

Know the signs of cold-related injury

Frostbite is an injury to your body's tissue caused by freezing. The symptoms of frostbite are loss of feeling and color to the skin. It usually happens on the nose, ears, cheeks, chin, fingers, or toes. Frostbite can cause permanent physical damage. In extreme cases, it can lead to amputation. People with circulation problems or people who are not dressed properly for cold temperatures are more likely to suffer from frostbite.

When your body is exposed to cold temperatures, it begins to lose heat faster than it can make heat. Exposure to cold for too long can cause abnormally low body temperature called hypothermia. Hypothermia causes the inability to think clearly or move easily. It can lead to serious injury or even death if not remedied. Symptoms

of hypothermia in adults can include shivering, exhaustion and confusion, fumbling hands, memory loss, drowsiness, or slurred speech.

Heat your home safely

Many heaters use a form of gas, which can produce carbon monoxide (CO) if they are not working or venting properly. Carbon monoxide is invisible and odorless. It can cause loss of consciousness or death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. Install a CO detector in your home to protect yourself from carbon monoxide (CO) poisoning.

Also, never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, basements, garages, or near open windows. The fumes from these devices are also bad for your health.

REFERENCES:

<https://health.ri.gov/seasonal/winter>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

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Stock images:

123RF.com





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 11

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

THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.

Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices



and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it's time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don't have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

FlowerBuds

For October, the Flowerbuds made paper plate mummies, painted wooden Halloween decorations, learned about Azemarelda the Tarantula, and trick or treated in the garden.





CAMPBELL COUNTY EXTENSION



College of Agriculture
Food and Environment

FAMILY FUN

HOLIDAY TREAT FAMILY NIGHT

Join us to create and decorate holiday
treats as a family.

This program is open to families with
youth ages 3-8 years old.



DEC. 8 | 6 PM

CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

REGISTRATION
OPENS ON NOV. 3
AND CLOSSES ON
DEC. 1

Register online at <https://campbell.ca.uky.edu/>
or call 859-572-2600

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

We had a great Fall Family Night it's always great to see family's bonding and enjoying fun crafts and games together. We had a variety of activities for families to enjoy, sensory buckets, candy corn guessing, painting pumpkins, photo booth, fall would you rather and candy corn trivia. Thanks for coming to enjoy time at Campbell County Extension Office. We look forward to having families sign up for our December Holiday Treats Family Night.





University of Kentucky
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Festive Fundays

Join us seasonally for a Plate It Up food dish and related horticulture activity!

Registration is required

Space is limited

To register, call [859-572-2600](tel:859-572-2600) or register online at <http://campbell.ca.uky.edu/>

Winter '22: **December 15**

Spring '23: **March 23**

Summer '23: **June 8**

1:30-2:30pm



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

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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

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University of Kentucky
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Gift Wrapping 101



With

Boone County & Campbell County Cooperative Extensions

Learn tips and tricks to make your gift wrapping stand out this holiday season! Bring gifts, wrapping paper, ribbon and any other accessories you want to use!

Boone County Enrichment Center

1824 Patrick Drive
Burlington, KY 41005

November 29

6:00 p.m.



Registration Required

To register, call 859-586-6101 or visit
<https://boone.ca.uky.edu/>



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