



## Sticking to Your New Year's Financial Resolution

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management,  
University of Kentucky; College of Agriculture, Food and Environment

Many of us start the New Year with the intentions to make this year different. We often make New Year's resolutions which focus on improving our health, reducing stress or saving



money. Unfortunately, good intentions alone will not lead to a change. To be successful you need to develop a plan to make this year different. A New Year's resolution is simply a goal that you set for you and your family during the next 12 months.

As with any goal, the first step is to write it down. It can be as simple as one to three sentences that address what you want to accomplish and when you want to accomplish it. Make certain that your New Year's resolution is attainable. Many of us may want to win the lottery, but this is not something that is realistic for the most, so make certain your goal is within reach.

Post your goal in a visible place that will serve as a daily reminder to what you are working toward. This might be in the laundry room or on the refrigerator door.

Next, develop a game plan. What steps do you need to take to accomplish your goal? If your goal is pay off a specific amount on your credit cards, how much do you need to save per month? Identify some areas where you can reduce other expenses to have the additional money to pay on your credit cards. Can you setup automatic payment to make it easier to make the extra payment?

There is no doubt that many New Year's resolutions fail due to unforeseen obstacles. Take a few minutes to identify the obstacles which may limit your success. Identifying potential obstacles before they occur may help you develop a game plan to overcome the obstacle. Think about how you might avoid the obstacle or what resources you have that could help you overcome the

obstacle. For example, if your resolution is to reduce your credit card debt, maybe your first step should be to save a small emergency fund, such as \$500 or \$1,000, so that when a financial

obstacle occurs, you can use cash instead of your credit card.

Track your progress and recognize small accomplishments as you achieve them. Do not feel discouraged if you need to rework your game plan. The most important thing is to not give up. If you miss a milestone or have a minor setback, take the opportunity to learn from the obstacle. What went wrong? What could you have done differently? Use this information to rewrite your plan of action to help you stay on track to accomplishing your financial goals.

**Reference:** O'Neil, Barb. Got Financial Resolutions? Develop a Plan, Rutgers NJAES Cooperative Extension. Retrieved on November 10, 2013 from <http://njaes.rutgers.edu/sshw/message/message.asp?p=Finance&m=41>.



The Lunch Bunch met at the National Exemplar in Mariemont, OH on Tuesday, December 6th and enjoyed a nice lunch and got to take in all the beautiful holiday decorations.

Happy Holidays everyone, Lunch Bunch will not meet in January, we plan to start back up in February. If you have questions or comments, contact Marsha Kerby at 859-816-8707.

Thank you everyone for your donation of socks. 141 pairs of socks were delivered to the VA in Fort Thomas, KY.

WOULD YOU LIKE TO RECEIVE OUR

**NEW** HORTICULTURE NEWSLETTER?

Scan the QR Code or call the Extension Office 859-572-2600 to be added to the distribution list.



# Lunch Bunch



**Happy Holidays!**

**Lunch Bunch will not Meet in January.**

**We will resume in February**

Voicemail or Text **Marsha Kerby** at **859-816-8707**



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 or register online at <http://campbell.ca.uky.edu/>

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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LENINGTON, KY 40546

CREATING OPPORTUNITIES with able individuals

# LOOKING AHEAD...

Date	Event
January 10 10:00 a.m.	<b>Valley Homemakers Meeting</b> Weather permitting—Campbell County Extension Office (Red Work/Blue Work Embroidery)
January 25, 2023 1:00 p.m.	<b>Area Homemakers Council Meeting</b> Grant County Extension Office — 105 Baton Rouge Rd, Williamstown, KY 41097
February 14 10:00 a.m.	<b>Valley Homemakers Meeting</b> Weather permitting—Campbell County Extension Office (Ribbon Pin Weaving)
February 16 10:00 a.m.	<b>Homemakers Council Meeting</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076

## ATTENTION ALL HOMEMAKERS — WE NEED YOUR HELP...

We ask all members, including our **MAILBOX** members to join our club to bring items in **February** for "Blessing Bags" that will be distributed to women in need in our area. Please review the list on the right. You probably already have some of these items at home that you've not used so please bring them or give them to a club member to do so. (In February, a box will be located in the entry of the Extension Office for your items.) Valley Club members are

### What to put in Blessing Bags for Women

#### Personal Care

- Wipes
- Hand sanitizer
- Toothbrush/Toothpaste
- Floss
- Lotion
- Sunscreen
- Chapstick
- Comb or Brush
- Deodorant
- Razor
- Feminine hygiene products
- Hair elastics
- Band aids/first aid kit
- Nail clippers/nail file
- Q-tips
- Tissues
- Shampoo/conditioner
- Soap

#### Non-Perishable Foods

- Granola Bars
- Bottled Water
- Beef Jerky
- Nuts/Trail Mix
- Fruit Leather/Raisins/Fruit Cups
- Pudding/Jell-O/Applesauce
- Easy open canned soup
- Tuna and cracker packets
- Instant Oatmeal
- Hot Chocolate packet/coffee/tea
- EmergenC (vitamin C packet)
- Plastic spoon/fork/knife

#### Miscellaneous

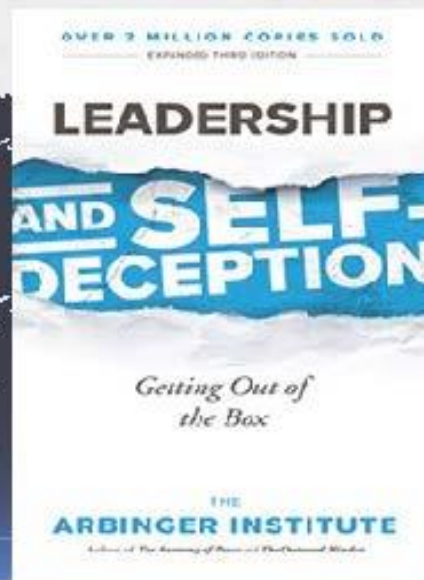
- Hand warmers
- Socks (wool for winter)
- Gloves
- Hat
- Scarf
- Blanket
- Coat
- Pillow
- Travel mug
- Wash cloth
- Headlamp/flashlight
- Grocery store gift cards
- Small denomination gift cards for coffee/food . Journal/pen
- Card game (Uno, etc.)
- Cough drops
- Paper/envelope/stamps
- Small tarp
- Pre-paid phone card
- Free meal coupon
- Laundry detergent

sponsoring this project and will put your donations with those from others to create the bags for the women. We thank you in advance for your help with this worthwhile project. **All items due by February 20th.**





University of Kentucky  
College of Agriculture,  
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# JOIN US

as we take four weeks to discuss not only the book "Leadership and Self-Deception - Getting out of the Box" but also leadership principles you can apply to your organization and your personal life.

- All Sessions will be virtual
- Dates: January 5, 12, 19 and 26 of 2023
- Time: 7 PM - 8 PM
- Books will be provided to all who register

Note - this will be your January, February, March and April Homemaker leader lesson series.

**MUST CALL THE PENDLETON COUNTY EXTENSION OFFICE AT 859-654-3395 BY \*DECEMBER 23RD\* TO REGISTER.**

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LEXINGTON, KY 40548



Disabilities accommodated with prior notification.

# Seven Successful Strategies for Weight Management during the Winter Months

Source: Ingrid Adams, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture

Achieving and maintaining an appropriate bodyweight across the lifespan is vital to maintaining good health and quality of life. Overweight and obesity increase a person's risk for many health problems such as type 2 diabetes, heart disease and certain types of cancers. In attempting to lose weight many individuals try fad diets, diet pills and or weight loss drinks.

Successful weight loss strategies begin with individuals becoming more aware of what they eat and their lifestyle habits. This means becoming more aware of what, when, why and how much they eat, making better choices regarding what and how much they consume and seeking ways to be more physically active.

Several behaviors and practices have been shown to help people manage their food and beverage intake and ultimately manage body weight. Although there are many strategies for weight loss, strong evidence suggests that these seven strategies are effective:

- **Focus on the total number of calories consumed.** In order to lose weight a person must reduce the number of calories consumed.



- **Monitor food intake.** Keep a log or write down all the foods you eat and drink. Pay attention to the calorie information on food labels for each serving of food or beverage.



- **Cook and eat more meals at home.** You have more control over the ingredients you use and the methods of cooking when you prepare meals at home. When eating out, choose smaller portions

or lower calorie options when eating out. When possible, order a small-sized option, share a meal or take home part of the meal.

- **Prepare, serve and consume smaller portions of foods and beverages, especially those high in calories.**

Individuals eat and drink more

when provided larger portions. Serving and consuming smaller portions is associated with weight loss and weight maintenance over time.

- **Eat a nutrient-dense breakfast.** Not eating breakfast has been associated with excess body weight. Skipping meals has been shown to lead to overeating at snack time or the next meal.
- **Limit screen time.** Take the opportunity to be physically active while watching television or working on the computer. Avoid eating while watching television, which can result in overeating.
- **Take part in daily physical activity.** Engage in 30 minutes of moderate physical activity on five or more days of the week. For weight loss and weight management, 60 minutes of physical activity is needed. Monitoring body weight and physical activity can help prevent weight gain and improve outcomes.



**2023 KEHA  
State Meeting  
May 9-11, 2023  
Crowne Plaza  
Louisville, KY**

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



### Lodging Information

The lodging room blocks are now open for reservations!

Crowne Plaza Louisville Airport Expo Ctr

830 Phillips Lane, Louisville, Kentucky 40209

866-888-0620 (group code PZ5 for conference rate)

Standard Room \$124 + Tax (1-4 people)

### Make your reservations by April 10, 2023, to secure the conference rate.

Individual reservations can be cancelled up to 48 hours prior to arrival date. No-shows and late cancellations will be charged one night's room and tax.

We hope you will join us in Louisville!



*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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# Campbell County Crazy Quilters Mini Quilting Retreat



The Crazy Quilters enjoyed a couple of days of quilting and hanging out with friends while working on various projects.







Family Night was a festive time making Holiday Treats together as a family with a visit by The Grinch. Check out our decorated gingerbread cabin in the Extension Garden.







# APPLE AND CHICKEN SALAD



**Servings:** Makes 6 servings **Serving Size:** 1 cup **Recipe Cost:** \$6.42 **Cost per Serving:** \$1.07

## Ingredients:

- 2 red apples
- 2 stalks celery
- 1/2 cup raisins
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup light mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 cups cooked chicken, chopped
- 18 lettuce leaves

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If needed, cook chicken using the How to Cook Chicken recipe.
3. Rinse all fresh produce under cold water in a colander. Scrub celery and apples with a vegetable brush.
4. Using the cutting board and knife, dice 2 stalks of celery.
5. Chop 2 red apples, remove the core and seeds.
6. Combine chopped apples, celery, and 2 cups diced chicken in a bowl.
7. Add 1/4 cup Greek yogurt, 1/2 cup raisins, 1/4 cup light mayonnaise, 1/4 teaspoon salt and 1/8 teaspoon pepper to bowl.
8. Stir all ingredients together.
9. Arrange 3 lettuce leaves on a plate and top with 1 cup of apple and chicken salad mixture.
10. Store leftovers in bowl with a lid in refrigerator for 3-4 days.

## MAKE IT A MEAL

- **APPLE AND CHICKEN SALAD**
- **WHOLE GRAIN BREAD**
- **SKIM MILK**

**Source:** Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl. March 2015. [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

## Nutrition facts per serving:

240 calories; 3g fat; .5g saturated fat; 0g trans at; 35mg cholesterol; 250mg sodium; 12g carbohydrate; 2g fiber; 35g sugar; 0g added sugar; 17g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

# Help Prevent Older Adults from Falling on the Ice

Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging

**I**ce is dangerous regardless of age. From slippery paths to black ice (transparent ice you cannot see), falls on ice can happen quickly, and they can be dangerous.

Falling on ice can lead to cuts and bruising, traumatic brain injuries, broken bones, and torn ligaments and muscles. Falls on ice can even lead to death. According to the Centers for Disease Control and Prevention, falls are the leading cause of injury-related death among adults age 65 and older. While anyone can fall, even a minor fall can become increasingly dangerous for older adults because of existing frailty, slower recovery time, medical complications, or pre-existing disabilities. The quality of life for an older adult who falls can change in seconds. To help prevent falls related to ice, it is important to:

- Assess the risk of going out.
- Shovel snow before ice can form, even if that means shoveling multiple times.
- Apply salt to help melt the snow.
- Use gravel or sand to help break down the ice.
- Allow more time for careful winter walking.
- Wear proper footwear that provides good traction like those with a flat, non-slip rubber sole with grooves. (Ice cleats can give extra traction, but you should not wear them inside.)



- Plan ahead when you know a storm is coming (run important errands such as the grocery store or pharmacy, in advance).
- Keep the inside of the house safe by wiping melted snow in entryways, shaking off mats, and removing wet shoes.
- Stay active. Physical activity can help with balance and fall prevention.

The easiest way to avoid falling on ice is to stay indoors! Do not be afraid to ask for help. Ask a family member or neighbor to shovel the driveway and walkways. Reschedule an appointment if it is not urgent. If you must go out, wear proper footwear AND clothing (jacket, hat, mittens, etc.) to help protect yourself in case you do fall or become stranded. If you are walking when it is icy, try the “penguin walk” or shuffle. This means that steps should be short and slow, and your center of gravity should be over your feet. Keep your gloved hands at the sides of your body and never in your pockets. It is also helpful to stay on shoveled

paths and to carry kitty litter or sand with you to scatter.

If you or someone you are with falls on the ice, try not to panic. Stay put as you assess the fall and possible injury. Standing too quickly can cause added injury or another fall on the ice. If you are with

someone who falls, check for visible injuries, ask the person how they feel and if they are experiencing any pain or symptoms. It is common for someone who has fallen to initially understate their level of pain or discomfort. They may not even feel anything right away because of adrenaline. If the fall is severe, call an ambulance or health-care provider. In less severe situations, you may be able to drive the person to a clinic.

Ice is dangerous, and you should avoid it. In cases where you must go out, be proactive to protect yourself or a loved one from a fall.

**Reference:** Schiltz, R. (2022). Senior Safety Advice. How to Keep Elderly from Slipping on Ice. Retrieved <https://seniorsafetyadvice.com/how-to-keep-elderly-from-slipping-on-ice/>



2023

# 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 15 children  
plus 1 parent or relative.

Registration for each class is required  
**859-572-2600** or online at  
[campbell.ca.uky.edu](http://campbell.ca.uky.edu)



### Location:

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

### 2023 Flower Buds Schedule:

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

- Thursday, February 2
- Thursday, March 2
- Thursday, April 6
- Thursday, May 4
- Thursday, June 1
- Thursday, July 6

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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Winter Activities for the Whole Family

Source: Nicole Peritore, Extension Physical Activity Program Coordinator, University of Kentucky, College of Agriculture

If it is cold and dreary, finding physical activities that are fun for the whole family may be a challenge. If you can get outside for a breath of fresh air, that is certainly the best thing to do, but



sometimes the weather in the winter prevents us from being outside.

Here are some indoor activities that you and your family can do to keep active no matter the weather outside:

- **On your Mark, get set, MOVE.** Take some time and create activity stations with your kids and see who can complete them the fastest. Try ten jumping jacks, walking around a table on your tippy toes and crab walking across the floor to the finish line. Just make sure that you join in on the fun too.
- **Dance party.** Turn on some music and get moving. You could even turn some household chores into a dance party. Sweeping the floor is much more fun when there is music on and you are dancing with the broom. Let your kids show you their dance moves and be sure to show them yours too.

- **Active gaming.** If your home has a game station that has active gaming, get everyone in on the fun. There are all sorts of games that everyone in the family can play such as golf, hula hoops and tennis. Depending on the game system that your family has, there could be many options for you all to try out together. Some of these games also have competitions which helps motivate everyone to try a little harder.

If you can get out of the house, try going bowling or roller skating if there is a rink available. Both bowling and skating can be active and social. These activities keep the whole body moving and active and are just plain fun.

During the winter months you do not have to just sit and watch TV. Try doing a family activity and get everyone moving.

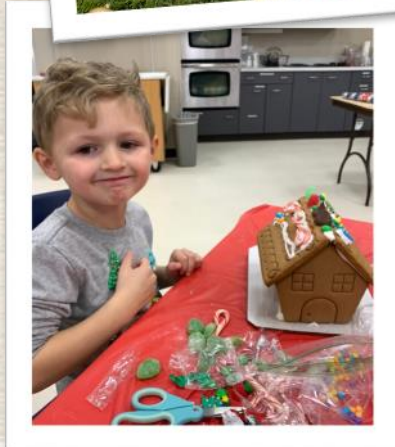
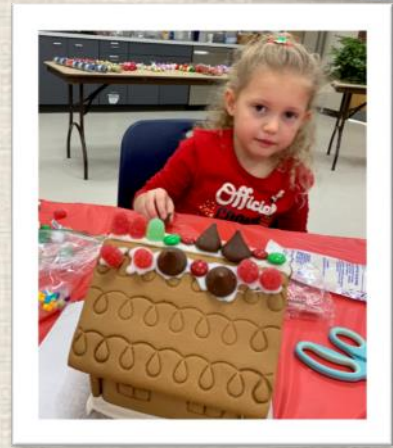
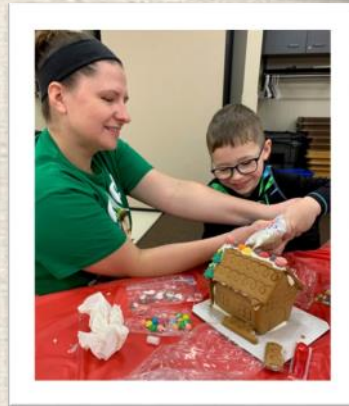
**Reference:** WebMD. Mom's Guide to Family Health: Tips for Winter Aug. 2012





# FlowerBuds

Flowerbuds Program celebrated the winter holidays at the December 1st program. We decorated gingerbread houses and wreaths, and made Grinch fruit kabobs.







Join us  
for a



College of Agriculture,  
Food and Environment

# GALENTINE JEWELRY MAKING CLASS



February 1st

at 10am

Spend time with your favorite ladies and meet new ladies! At this class we will create beautiful homemade jewelry for yourself or to gift to loved ones.

Campbell County Extension Office

3500 Alexandria Pike Highland Heights, KY 41076

Register Now

Register at 859-572-2600 or  
online [campbell.ca.uky.edu](http://campbell.ca.uky.edu)



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## Giftwrapping 101 Program

Photos from our gift-wrapping program, led by Boone County, Family and Consumer Sciences Agent, Liz Evans, joined by our new Community Arts Assistant, Susan Miller!



## Don't Let Winter Freeze Your Workout

Source: Ingrid Adams, Extension Specialist for Physical Activity and Weight Management, University of Kentucky, College of Agriculture

Cold weather can make outdoor activities like jogging, walking, biking and swimming more difficult. As the winter months approach, most of us struggle with keeping active since we can no longer jog outside in shorts and a t-shirt. There are many other ways you can keep fit. Don't let the cold months of winter be an excuse to cut back on your exercise routine.

Consider these indoor, calorie burning activities to stay active during winter months:

- Walk around your local mall or use an indoor track.
- Take the stairs whenever possible



instead of an elevator or escalator.

- Walk around your office during your lunch or coffee break.
- Don't wait for spring for a thorough house cleaning. Wash the inside of your windows, vacuum or shampoo the carpet or clean out your closets.

- Rent an exercise video or DVD rather than a movie.
- Aim for a goal of 30 minutes of moderate activity most days of the week and you'll be on your way to keeping winter weight gain at bay.
- Try a winter sport such as ice-skating or skiing.
- Practice a yoga routine at home at a yoga studio or local health club.

Reference: The Academy of Nutrition and Dietetics



Boone and Campbell County Extension

# Bedtime Stories

January 23–26, 2023

7:00–7:30pm via zoom

For ages 3 to 8 years old

Come read a bedtime story with  
someone from the community!  
Must attend all four read-alongs in order  
to receive the books from the classes.

Space is limited and registration is required.

If you miss the first night, we will move on to  
someone on the waitlist in order.

For Boone County call (859) 586-6101

For Campbell County call (859) 572-2600

