



Start the New Year with a Clean Fridge

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

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Start cleaning your refrigerator by removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a good time to check dates on dairy products and condiments and replace them if necessary.

If you can remove any drawers or shelves, do so and wash with hot, soapy water. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water.

Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe down with a diluted bleach solution made from 1 tablespoon unscented bleach in 1 gallon of water.

Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.

Keep your refrigerator clean throughout the year by cleaning up spills as soon as they occur and keeping track of



leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also a good practice to wipe down door handles and control dispensers with a disinfecting wipe daily in order to remove bacteria left by hands.

Reference: [CDC https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html](https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html)



ATTENTION MAILBOX MEMBERS & Club Members

We are collecting medicine bottles for Matthew 25 Ministries. It can be any kind of medicine bottle, including over-the-counter ones like vitamins, aspirin, etc. They must have all labels removed, be washed in hot soapy water, dried, and bagged securely with the number of bottles clearly identified. Example: "25 cleaned bottles."

Please place bags in the COLLECTION TOTE in the front entry of the Extension Office.

Collections are due by February 13th. Thanks in advance for your help!



Homemakers on display at the Cold Spring Branch of the Campbell County Library

Homemakers talent has been on display at the Cold Spring Branch of the Campbell County Public Library. Thank you to all who displayed items and thanks you to the library for their support. Be sure to see our upcoming display at the Newport Branch in February.



Lunch Bunch



Tuesday, February 6, 2024

**Carrabba's Italian Grill
11:00 a.m.**

2899 Dixie Hwy, Crestview Hills, KY 41017

Call or Text your reservation or cancellation to
Marcia Kerby at by December 1st.

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
January NO LUNCH BUNCH	No Lunch Bunch this month — Happy New Year!
January 9 10:00 a.m.	Valley Homemakers Meeting — Room C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
January 15 10:00 a.m.	Crazy Quilters Meeting — Room B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
January 16 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
January 24 1:00 p.m.	Area Homemakers Council Meeting Boone County Enrichment Center — 1824 Patrick Drive, Burlington, KY 41005
February 6 11:00 a.m.	Lunch Bunch — Carrabba's Italian Grill 2899 Dixie Hwy, Crestview Hills, KY 41017 — Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:20 to car pool.
February 13 1:00 - 3:00	Valley Homemakers Self-Care Activity - Tea Towels — RSVP by Feb. 2nd Call Susan Davis to register — 859-652-1505 or susdavis4@gmail.com Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076

Homemakers Christmas Party

Homemakers gathered for the annual Holiday party. There was a delicious lunch, gift exchange, door prizes, and a small craft making fabric remnant Christmas Trees.



Physical activity during cold weather is achievable

Source: Natalie Jones, family health extension specialist



Old man winter has finally made his appearance in the Bluegrass. And while his return may have you spending more time indoors, it does not mean you have to give up physical activity until warmer weather returns.

Exercising outdoors during the winter can have benefits in addition to the burned calories. It exposes you to sunlight, which will give you some vitamin D and can help improve your mood. It can boost your immune system, which is important during flu and cold season. Plus, there is no heat and humidity.

With a little preparation, precaution and attention, most people can safely work out in cold weather. However, some medical conditions such as asthma or heart problems, may not allow you to exercise outdoors during cold weather. Always check with your doctor first.

Check the forecast before venturing outdoors. Remember to check for actual temperature as well as wind chill. Windier days make the actual

temperature feel colder. If the weather is calling for a cold rain, ice or snow, consider exercising indoors or waiting to exercise until the system passes.

When exercising outside on cold days, make sure you wear light layers. The layer closest to your skin should be some type of moisture-wicking fabric to keep sweat to a minimum as it is going to make you feel colder. Avoid cotton fabrics as they tend to trap moisture. Try to cover as much of your skin as possible. Wear a toboggan or hat, scarf and gloves. You may also want to consider wearing thermal or double layers of socks to keep your feet warm. Wear shoes with good traction and avoid walking or running over areas that appear slick. Know the signs of frost bite and hyperthermia.

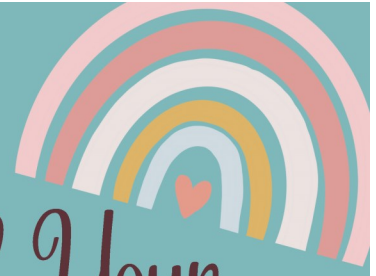
Even though it's cold, you need to keep your body hydrated. Dry, cold air can cause you to become dehydrated and because it is cold, symptoms of dehydration are even harder to recognize. Drink even if you are not thirsty.

If it's too cold or wet to exercise outside, you can still work out indoors. Dancing is a great way to burn calories in your home. So turn up the tunes and let loose. Climbing stairs and active housework like vacuuming or sweeping are also some good ways to burn some calories.

Many communities may offer indoor walking facilities that you can access for little to no cost. If not, walking through a mall or big box store is also an opportunity to get in some steps.

For more ways to incorporate physical activity into your daily routine, contact the Campbell County Extension office.

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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 goal in 2024

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Disabilities accommodated with prior notification.

CAMPBELL COUNTY  **Martin-Gatton**
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HOMEMAKER MAILBOX MEMBERS

Mailbox members are homemaker members who are unable to attend regularly scheduled Homemaker meetings. By joining the Homemaker's organization as a Mailbox Member, you receive the Campbell County Extension newsletter and any updates or flyers that contain information about upcoming programs and events. You are able to participate in any Homemaker events or programs.

Join now

Contact Kate Thompson for more information
Email katevaught@uky.edu or call (859)572-2600



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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

Time: 10am (check newsletter)
Meeting Location: Campbell County Extension Office
Contact: Linda Booth (859)620-0262

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You, take care of YOU...



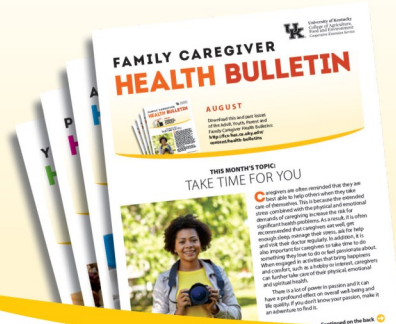
MENTAL HEALTH

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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FAMILY CAREGIVER HEALTH BULLETIN



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

THIS MONTH'S TOPIC:

RESOLVE TO SELF-CARE AND SELF-PAMPER



Self-care includes keeping your physical, mental, and spiritual self healthy. According to Dr. Mathew Glowiak from the University of Southern New Hampshire, self-care can “clinically reduce and even eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, and improve energy.” Glowiak also emphasizes that physically, proper self-care reduces cardiovascular disease, stroke, and cancer; and spiritually, it can help people discover purpose or meaning in life.

While many know to make self-care a priority, it is often pushed aside when faced with life’s challenges such as COVID-19, busy schedules (jobs, school, caregiving), poor health, financial crisis, various losses, etc.

Ignoring self-care can lead to distress. According to the CDC, common signs of distress include “feeling fear, anger, sadness, worry, numbness, or frustration; changes in appetite, energy, and activity levels; difficulty concentrating and making decisions; difficulty sleeping

Continued on the back



When you take time to spend time on yourself, you ultimately benefit everyone around you.

➔ Continued from page 1

or nightmares; physical reactions, such as headaches, body pains, stomach problems, and skin rashes; worsening of chronic health problems; and increased use of alcohol, tobacco, or other drugs.” Burnout can also lead to depression, anxiety, resentment, and many other negative consequences (Glowiak, 2020). If such negative experiences, behaviors, and feelings persist and/or prevent your ability to carry out daily responsibilities, it is important that you call a health-care provider and seek professional services (CDC).

Many self-care plans focus on various domains of wellness that strengthen, develop, and nourish who we are at our core so that we do not fall prey to distress and burnout. For example, Glowiak highlights the Substance Abuse and Mental Health Services Administration’s (SAMHSA) eight dimensions of wellness that make us whole: (1) emotional; (2) environmental; (3) financial; (4) intellectual; (5) occupational; (6) physical; (7) social; and (8) spiritual. When we keep these dimensions in balance, we reach higher levels of wellness for the long-term.

Drs. Bernecker and Becker have found that the practice of self-care and self-pampering can complement each other. While self-care focuses on prevention and health maintenance over time; self-pampering is something we engage in for temporary pleasure. In terms of a car, the engine can represent self-care — it may not be visible, but the car will not run smoothly without keeping it in good shape. The exterior of the car represents pampering — washing and polishing it makes it shiny, at least temporarily (Howard, 2020).

When used in moderation, pampering yourself in healthy ways can be a form of self-care that we should not feel guilty about. According to some researchers, taking a timeout to enjoy a simple pleasure leads to a higher sense of well-being (Bernecker and Becker, 2020). This is because temporary pleasures, even when unassociated with long-term/ongoing self-care goals, can make you feel great and provide a recharge.

Self-care, including self-pampering, can provide the necessary reset that allows you to get back to a healthy point where you can maximize

daily productivity and your part in relationships. When you take time to spend time on yourself, you ultimately benefit everyone around you.

Self-pampering activities might include:

- Soak in a hot bath
- Sleep in or take a nap
- Go to a spa or create a spa day at home (dim the lights, play relaxing music, give yourself a foot massage)
- Unplug from technology
- Watch a movie in your pajamas
- Eat ice cream out of the container
- Buy something for yourself
- Explore your surroundings: take walks and tours within your own city and surrounding communities
- Play music
- Connect with nature: walk, pick fresh flowers, feel the wind, smell the smells
- Meditate
- Order a sweet treat and don’t feel guilty about it
- Take an afternoon off and do nothing
- Sign up for a class you always wanted to take
- Look in the mirror and compliment yourself
- Buy new sheets for your bed
- Declutter a closet

REFERENCES:

- Bernecker, K., & Becker, D. (2020). Beyond Self-Control: Mechanisms of Hedonic Goal Pursuit and Its Relevance for Well-Being. *Personality and Social Psychology Bulletin*, 47(4). 627-642. Retrieved October 21, 2021 from <https://journals.sagepub.com/doi/10.1177/0146167220941998>
- CDC. (2021). Taking care of emotional health. Retrieved October 21, 2021 from <https://emergency.cdc.gov/coping/selfcare.asp>
- Glowiak, M. Clinical Faculty in the Counseling Program at Southern New Hampshire University. (2020). What is self-care and why is it important for you? Retrieved October 21, 2021 from <https://www.snhu.edu/about-us/newsroom/health/what-is-self-care>
- Howard, D. (2020). Self-care or self-pampering—what’s the difference? Retrieved October 21, 2020 from <https://www.ensolearning.com/blog/2020/6/15/self-care-self-compassion-self-pampering-or-selfish-whats-the-difference>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic, Ph.D.
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com



Campbell County Homemakers



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LUNCH BUNCH CLUB



Join us to meet new friends
and enjoy great lunches.

**Campbell County Homemakers
will visit various local
restaurants each month.**

**WE MEET THE 1ST TUESDAY
OF EACH MONTH**



TIME OF MEETING: 11am (CHECK NEWSLETTER)

MEETING LOCATION: various restaurants

CONTACT: Marcia Kerby 859-816-8707

EMAIL: JOTANDTITTLE51@HOTMAIL.COM

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Preparing for a Parent-Teacher Conference

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development



Parent-teacher conferences are great opportunities for you to partner with your child's teacher and together determine a learning plan for the year. Supporting your child's teacher is supporting your child and lets them know that their education is important at school and at home.



It is common to be invited to a parent-teacher conference at the start of a new school year or at any time during the year for that matter. A parent-teacher conference is a meeting between you and your child's teacher to discuss your child's progress in school. Here are a few tips to consider before your next conference:

Strengths and weaknesses. Before going to the meeting, ask your child what they consider their strengths and weaknesses to be in school. You may even consider asking what they like about school or what they find difficult about it. Understanding how your child feels about their learning can help you advocate for them.

Make a list. Prepare a list of topics you want to discuss with the teacher that you think would be helpful to know such as your and your child's concerns about school, any major changes in your family life, your child's habits, hobbies, or anything worrying them. Sharing what your child identifies as their strengths or areas of need are also great topics to discuss.

Prepare some questions.

Having a list of questions prepared can help you get the answers you want and help have a productive meeting. Including questions about what they are going to learn this year or how they will be evaluated can be helpful. What do you see are my child's strengths or weaknesses? Have you noticed any behaviors that are concerning to you? How can I best support my child's learning at home? How do you prefer to communicate about my child?

VALLEY HOMEMAKERS

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

ENJOY LEARNING NEW INFORMATION AND SKILLS

The club emphasizes service, volunteering with others to help individuals and groups within the local community. Valley members enjoy making a variety of craft projects and have plans for learning many more.

WE MEET THE 2ND TUESDAY OF EACH MONTH

WE WELCOME NEW MEMBERS ANY TIME THROUGHOUT THE YEAR AND HOPE THAT YOU WILL BRING A FRIEND AND JOIN.

TIME: 10am (check newsletter)

MEETING LOCATION: Campbell County Extension Office

CONTACT: Pam Fields (513) 519-5823 (leave voicemail)

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2024

Flower Buds

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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

2024 Flower Buds Schedule:

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

- Thursday, February 8
- Thursday, March 7
- Thursday, April 4
- Thursday, May 2
- Thursday, June 6



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

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Grocery Shopping at Your Local Dollar Store

Source: Lauren Turner, Dietetic Intern; Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition



Creating nutritious meals that are low cost and enjoyable may seem like an impossible achievement. For many, grocery shopping takes place at a dollar or discount store. Fortunately, these food retailers offer low cost, highly nutritious food options and some include refrigeration and freezers which increases the nutritious options available. Let's walk through what these options look like.

For breakfast, the dollar store has plenty of options to create a meal that tastes great and is packed with fiber. A meal high in fiber will keep you feeling full for longer. Common items high in fiber that you can find at the dollar store include oatmeal and, in some cases, frozen berries. Adding milk as a drink and stirring peanut butter into your oatmeal also adds protein to the meal to make it more balanced.

Lunch can be a tricky meal to create because you might need an on-the-go option. A great quick lunch idea is a packet of tuna, whole-grain crackers, and a side of string cheese. This meal

idea is high in protein, provides whole grains, and requires no cooking.

A nutritious dinner idea is brown rice, beans, and a vegetable as a side dish. You can prepare the rice with a variety of seasonings to make it flavorful. The dollar store has a wide variety of spices to choose from. Pair this with a low- or no-sodium can of beans and a canned vegetable such as corn, green beans, or carrots. This meal is packed with protein from the beans, is high in fiber from the beans and vegetables, and provides energy from the rice.

Let's not stop at just breakfast, lunch, and dinner ideas. The dollar store offers a variety of snack options such as trail mix with different types of nuts and seeds, cucumbers, string cheese, and whole-grain crackers.

As you can see, eating and creating nutritious meals does not have to be overwhelming or impossible. The dollar store offers a wide range of food options that are low cost that you can use in a variety of ways.



ADULT HEALTH BULLETIN



JANUARY 2024

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

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THIS MONTH'S TOPIC: ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

Continued on the next page →



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Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.

→ Continued from the previous page

- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

REFERENCES:

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





SAVORY WINTER PORK STEW

Makes 12 servings Serving size: 1 cup Cost per recipe: \$19.19 Cost per serving: \$1.60



Ingredients:

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies

Source: Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.
8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

Healthy Home, Body & Mind

January 17, 2024 (Snow Date January 18, 2024)

Boone County Enrichment Center

1824 Patrick Drive Burlington, KY 41005

Check in 12:00 | Program from 12:30-3:30

Please register through Boone County Extension Office by Jan. 5, 2024
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