



A Dozen Egg Safety Tips



Coloring and hunting eggs is a traditional part of Easter celebrations. If you are planning to decorate eggs this year, here are a dozen food safety tips to help make sure your hunt is safe and no one gets sick.

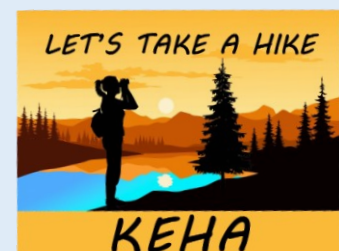
1. When buying eggs, look for eggs that are clean, free of cracks, and stored in a refrigerated case.
2. Keep eggs refrigerated until use. Store eggs in the carton on a refrigerator shelf and not on the door. The refrigerator temperature should be 40 degrees F or below.
3. Wash your hands with soap and warm water before and after handling eggs when cooking, cooling, coloring, and hiding.
4. Use only food-grade dyes for coloring. It's safe to use commercial egg dyes, liquid food coloring, or fruit-drink powders.
5. After coloring, return eggs to the refrigerator within 2 hours. Do not let them sit out on the counter.
6. When hiding eggs for a hunt, choose hiding places that are protected from dirt, insects, animals, and other sources of bacteria.
7. Do not hide eggs in areas treated with lawn chemicals or pesticides.
8. Handle eggs carefully. If the shells crack, bacteria can enter the egg and cause foodborne illness. Discard any cracked or dirty eggs.
9. Total time for hiding and hunting eggs should not exceed 2 hours. Do not eat hard-boiled eggs that have been above 40 degrees F for more than hours. Throw them away.

10. Consider using one set of eggs for decorating and hunting and another for eating. To be safe, use plastic, wooden, or paper eggs for your egg hunt instead of real ones.
11. Eat hard-boiled eggs within one week if you have refrigerated them properly.
12. If a hard-boiled egg has a greenish ring around the yolk, it just means you overcooked it. It is still safe to eat.

References

<https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-egg-safety>
<https://hgic.clemson.edu/easter-egg-safety/>
Source: Annhall Norris, Extension Specialist, Food Preservation and Safety

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



Crowne Plaza
Louisville, KY





The lunch bunch visited Drakes in Florence. We had 15 in attendance. We welcomed several new members and one guest.

Lunch Bunch



Tuesday, March 7, 2023

Ford's Garage

11:00 a.m.

4911 Houston Road, Florence 41042

Meet at the extension office at 10:20 a.m.
if you wish to carpool.

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

859-816-8707

Homemakers Learn Candlewicking

The Campbell County Homemakers worked on a candlewicking project after gathering items for the blessing bags. Candlewicking, or candlewick is a form of whitework embroidery that traditionally uses an unbleached cotton thread on a piece of unbleached muslin. It gets its name from the nature of the soft spun cotton thread, which was braided then used to form the wick for candles.



LOOKING AHEAD...

Date	Event
March 7 11:00 a.m.	Lunch Bunch — Ford’s Garage — Florence, KY 41042 Call/text Marcia Kerby—859-816-8707— If carpool, meet at extension office at 10:20 a.m.
March 14 10:00 a.m.	Valley Homemakers Meeting Campbell County Extension Office (<i>Ribbon Pin Weaving</i>)
March 15 10:00 a.m.	Crazy Quilters Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
March 16 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
April 11 10:00 a.m.	Valley Homemakers Meeting First Baptist Church (side entrance) — 4410 Alexandria Pike, Cold Spring, KY 41076
May 16 10:00 a.m.	Valley Homemakers Meeting First Baptist Church (side entrance) — 4410 Alexandria Pike, Cold Spring, KY 41076
June 2 10:00 a.m.	Save the Date! - Homemakers County Annual Meeting—More details to come Environmental Education Center — 1261 Race Track Road , Alexandria, KY 41001

Homemakers Making a Difference



Valley Homemakers display some of the blessing bags they made and filled with supplies for those in need in Northern KY. "THANK YOU, HOMEMAKERS, for all the great donations!"

Thanks so much to everyone that donated goods. There was so much donated that we are delivering another day in April and taking to other centers in need of help.

Valley Homemakers - at the meeting we filled blessing bags for ION Center which was Women's Crisis Center. This is one of the Valley's services that we do every

name and number and someone from Valley will contact you.

year. They will be delivered this week. Thanks to the volunteers from Valley Homemakers.

If interested in knowing more about our service programs, contact the County

Extension Office at 859-572-2600 and leave your

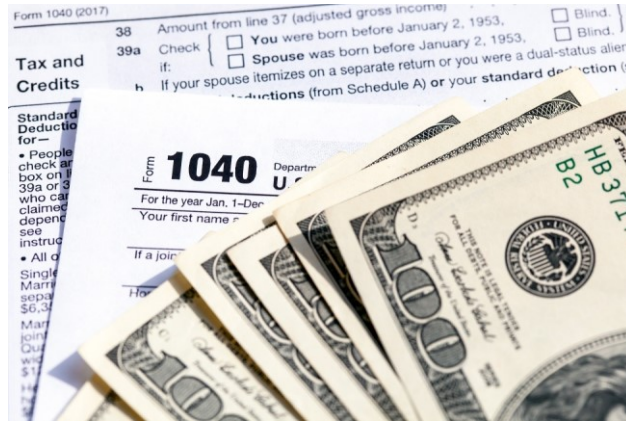
Wisely use your tax refund

Source: Kelly May, senior extension associate for family finance and resource management

It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as



quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future

financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home

improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

More information on family financial education is available by contacting the Campbell County Extension office.

Work-Life Balance as a Parent

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

The term "work-life balance" seems simple, except for people like me who have a hard time figuring out the "balance" part. I find balance by taking time to prepare for the week. I divide my time over the multiple tasks that I need to do in hopes of better managing the stress of work and life. Here are six tips on how to make the most of your busy lives.

- **Reduce morning rush:** Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals, gathering work materials).



- **Organize your week:** Use one day each week to plan the rest of the week (meals, chores, groceries, kids' sports, date nights, family time, homework time, etc.).

- **Talk to your boss:** If spending more time with your family is what you want, your employer may have benefits you have not explored.

- **Stay connected:** With today's technology, even if you travel, you can still see and talk to each other.

- **Don't waste time:** Use your time wisely. Limit screen time to once a week.

- **Schedule time with your partner:** Date night, cook night, evening walk or exercise, conversations about kids, just do something together that brings you closer.

PARENT HEALTH BULLETIN



MARCH 2023

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

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

THIS MONTH'S TOPIC: SEASONAL ALLERGIES AND HOW TO HELP KIDS COPE



As winter slowly turns to spring, many kids experience sneezing, coughing, and itchy eyes. These are all common symptoms of seasonal allergies. Seasonal allergies can strike at different times of the year. Also known medically as allergic rhinitis, or hay fever, seasonal allergy symptoms occur when airborne allergens that float in the air, enter the eyes, nose, or throat. This sets off an allergic reaction.

In the early spring, flower and tree pollen are common culprits of seasonal allergies in kids. Grass pollen starts in the late spring and peaks in the mid-summer months. Weed pollen (such as ragweed) and mold spores plague kids mainly

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Talk to your child's doctor or other health-care provider about the best allergy medicines for your child.

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in the late summer and fall. If winter months are unseasonably warm, mold and mildew can persist. This will cause problems throughout the winter when other allergens tend to be dormant.

Symptoms of seasonal allergies can include a stuffy or runny nose, sneezing, itchy eyes and nose, sore throat, cough, or dark circles under the eyes. Seasonal allergies can be more than just a mild annoyance. Some of the additional consequences of allergies in children can include:

- Fatigue and poor concentration in school because of lack of sleep
- More ear and sinus infections
- Asthma exacerbations
- Behavioral issues from discomfort and lack of sleep

You can do things at home to help minimize the effects of seasonal allergies for your children.

Even when pollen seems to be blanketing everything in its path, there are steps you can take to prevent allergies from acting up:

- Have your child wash their hands and face as soon as they come in from playing outside.
- Limit outdoor activities when pollen counts are at the highest.
- Avoid hanging laundry outside to dry.
- Have your child take their bath close to bedtime, to help with nighttime allergy problems.
- Keep windows in your home and car closed and use air conditioning to filter the air.
- Clean floors, windowsills, and other surfaces often during the season when your child has allergies.
- Change the furnace filters in your home often — both before and after your child's peak allergy season.
- Have flare medications on hand. Talk with your child's doctor if normal doses of medication do not control strong allergy symptoms.

Along with taking steps to limit your child's exposure to allergens, there are many safe, effective allergy medicines. Nasal sprays and eye drops can target specific symptoms your child is



struggling with the most. Some are available over the counter, while others require a prescription. Talk to your child's doctor or other health-care provider about the best options for your child.

REFERENCE:

<https://www.chop.edu/news/health-tip/seasonal-allergies-keeping-symptoms-check>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com



Learn to Burn

ADULT WOODBURNING CLASS



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



May 31, 2023

1:30 –OR– 5:30

at the **Campbell County
Cooperative Extension Office**

**3500 Alexandria Pike
Highland Heights, KY 41076**

Only register for one class. Class size limited, so register soon!

Registration required by May 24!

Register at

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

or 859-572-2600



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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Galentines Jewelry Class

Galentines Jewelry Class was a fun time. Participants made earrings, a necklace and a bracelet during the class. We will offer another class during the spring so check our newsletters and Campbell County Family and Consumer Sciences Facebook page for details soon.



Kate Vaughn Thompson

Kate Vaughn 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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ADULT HEALTH BULLETIN



MARCH 2023

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<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:

PREVENT POISONINGS IN YOUR HOME



National Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people

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Keep medications in a secured area out of the reach of children.

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would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like "Caution," "Warning," "Danger," or "Poison." If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

Share safety with others

There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



Never take a medication prescribed to someone else.

Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.

This national number will connect you with your local Poison Control Center.

If the person is in distress, call 911 immediately.

REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com





Your Name: _____
 Your County: _____
 Your Phone: _____
 Your E-mail: _____

COOPERATIVE EXTENSION



College of Agriculture,
Food and Environment

Cooperative Extension Service
 Boone County
 6028 Camp Ernst Road—P.O. Box 876
 Burlington, KY 41005-0876
 (859) 586-6101
 Fax: (859) 586-6107
 extension.ca.uky.edu

Northern Kentucky Extension Homemakers Association International Committee Challenge

The area international committee chairs (Jennifer Spriggs and Roberta Couch) are encouraging you to learn more about the diversity of our area. Complete and return this questionnaire to be entered in a random drawing for one of four Visa gift cards.

1. What percentage of the population in Boone County is American Indian or Alaska Native? _____
2. What percentage of the population in Campbell County is Black or African American? _____
3. What percentage of the population in Carroll County is White? _____
4. What percentage of the population in Gallatin County is Hispanic or Latinx Origin? _____
5. What percentage of the population in Grant County is Asian? _____
6. What percentage of the population in Kenton County is Two or More Races? _____
7. What percentage of the population in Owen County is Native Hawaii or Pacific Islander? _____
8. What percentage of the population in Pendleton County is Black or African American? _____
9. What are the three national or international affiliates for the Kentucky Extension Homemakers Association?

10. To what programs at the state Homemaker level do the “Coins for Change” (now known as “Women in Action and formerly known as “Pennies for Friendship”) collected at the county level go?

11. What cities in Kentucky can you think of that share the name of a city in a foreign country?

**Return the completed form on or before May 31, 2023 to:
 NKEHA Area International Committee, c/o Boone County Cooperative
 Extension Service, P.O. Box 876, Burlington, KY 41005**

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
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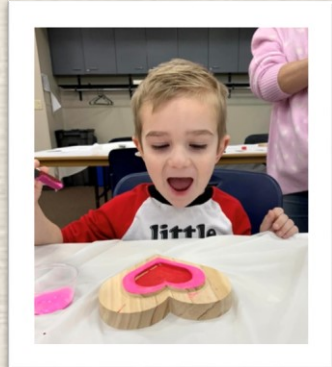
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 LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

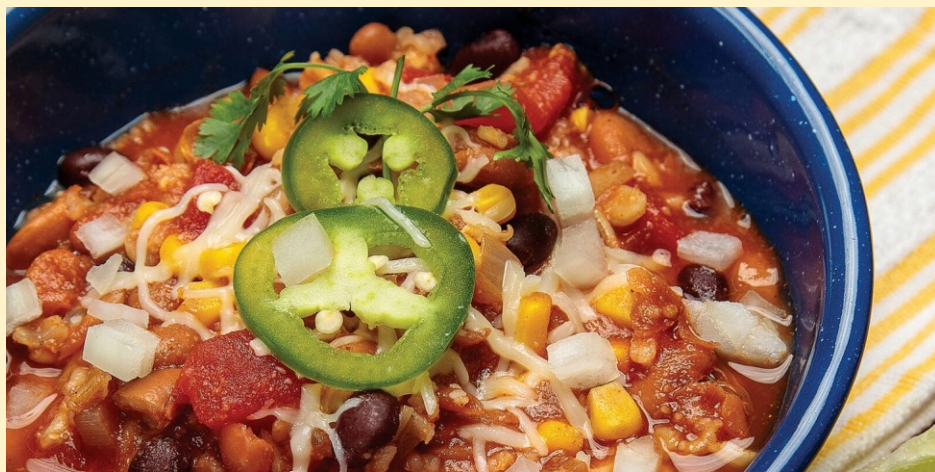
FlowerBuds

Flowerbuds Program celebrated Valentines Day by talking about kindness, painting hearts and creating beautiful flower arrangements.





VEGETARIAN TACO SOUP



Servings: 14 Serving Size: 1 cup

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt added corn, drained
- 1 can (15 ounces) no-salt added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredient and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Nutrition facts per serving:

220 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.



Grown-Up... AND ME

Happy Pizza Day Grown-Up and Me class celebrated by creating their own pizzas, salad and making a beautiful flower arrangement





Parenting a Second Time Around Conference

Pendleton County Extension Office

Saturday, March 25, 2023

9:00 am to Noon

This conference is designed for relative caregivers who are not the biological parents of the children in their care. The seminar will provide grandparents and other kinship caregivers with information, skills, and resources designed to enhance their ability to provide effective care for the young relatives they are parenting.

Sessions include:

Legal Issues--William Joey Verax IV, Attorney at Law

Legal aspects of parenting a non-biological child

Mental Health- Christi A Jefferds, M.Ed., Continuing Education Option II

Program Coordinator, Northern Kentucky

Cooperative for Educational Services

Community Providers to Meet Mental Health Needs

Community Resources—Sheila Rentfrow, Kinship Program Coordinator,

University of Kentucky College of Social Work

Identifying programs that can support caregivers through individualized service or group service

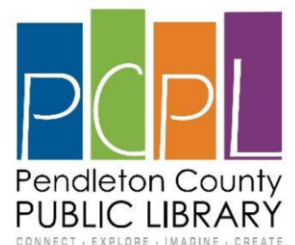
Breakfast will be provided by the
Pendleton County Extension Office

Child Care provided by
Pendleton County Public Library

RSVP to Pendleton County Extension Office at 859.654.3395

This Event in Partnership:

COOPERATIVE EXTENSION





LAUGHTER YOGA CLASS

Laughter Yoga is a combination of breathing (yoga), stretching, and simulated laughter. The benefits of laughter are experienced through eye contact, interaction, and movements that simulate laughter—which becomes real and contagious!

- Wear comfortable clothing
- Yoga mat not needed

April 14
10:00am

Laughter is the best medicine!

Registration is limited!

Register at

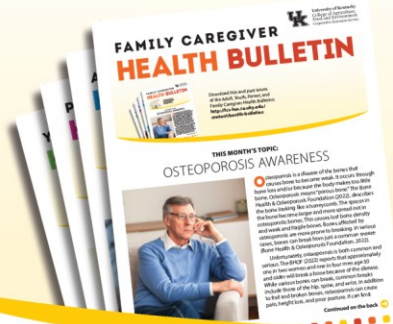
**<https://campbell.ca.uky.edu/> or
859-572-2600**

at the Campbell County
Cooperative Extension Office

*Presented by: Suzanne Piper, Certified
Senior Advisor and Certified Laughter Yoga
Instructor*



FAMILY CAREGIVER HEALTH BULLETIN



MARCH 2023

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

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

THIS MONTH'S TOPIC:

988 SUICIDE & CRISIS LIFELINE



The 988 Suicide and Crisis Lifeline can save lives. This three-digit universal phone number launched in July 2022 to connect people in suicidal crisis or emotional distress directly to the Suicide & Crisis Lifeline. Anyone can use this number, including friends, family, and caregivers of the person in crisis. The national network of local crisis centers and mental health professionals provides free and confidential emotional support 24/7 365 days a year.



Suicide is a serious concern among all ages. The National Council on Aging (NCOA) recognizes the rising rates of suicide among older adults, especially older men. According to the NCOA, some older adults are vulnerable to depression and suicide intent based on circumstances related to aging that affect life quality. Examples include the grief and loss of meaningful relationships, loneliness, loss of independence, chronic pain and illness, isolation,

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world-wide pandemics, feeling like a burden, cognitive impairment, decrease in or loss of mobility and/or the sensory system, food insecurities, financial challenges, and worrying about health and safety. Alone or in accumulation, such struggles can become too much to bear, increasing an older adult's risk for depression and feelings of hopelessness. But depression is not a "normal" part of aging. Depression is treatable. Dr. Reed, from the Education Development Center, emphasizes that we need to stop assuming older adults are automatically sad, in pain, and lonely because of their circumstance. Instead, we need to watch behavior and listen to older adults so that mental health issues are recognized and acknowledged. Health-care professionals need to do a better job using screening instruments to recognize mental health struggles.

Signs and symptoms of suicide risk in older adults:

- Change in sleep habits
- Talking about a life without them
- Giving away belongings
- Unexplained sadness
- Neglecting self-care, including medical routines
- Self-isolation or avoiding activities
- Loss of interest in things they used to enjoy
- Eating and drinking less or not at all
- Lack of personal safety
- Sharing feelings of hopelessness and lack of self-worth
- Preoccupation with death

To help an older adult suffering from depression and/or suicidal thoughts:

- Understand that depression and suicidal thoughts are not a normal part of aging.
- Know the warning signs of suicide.
- Keep older adults connected. Plan daily or weekly visits or calls, and organize check-ins.
- Reinforce a person's sense of meaning and purpose by focusing on the positive, capitalizing on their wisdom, skill, or talent, and using words of encouragement.
- Create events or activities that provide anticipation or a reason to get out of bed.
- Talk to older adults about how they are feeling and doing.

- Make sure older adults are getting routine check-ups.
- Talk to health-care providers about your concerns and about options to screen and treat depression.
- Locate community organizations that offer counseling, support, and/or fellowship.
- Call 911 or go to the emergency room if you think an older adult is in immediate danger.

The 988 Suicide & Crisis Lifeline recommends the following steps if you know someone who is suicidal:

- 1. Ask questions ... and listen.** Questions like "Are you thinking about suicide?" "How do you hurt?" and "How can I help?" will help you listen and acknowledge their feelings and assess your next steps. Help the person focus on their reasons for living. Do not impose your reasons for them to stay alive.
- 2. Be there.** Being present whether it is face-to-face or even by phone, provides a sense of connection. Be sure to follow through with anything that you promise.
- 3. Help keep them safe.** Keep the person in a secure and private place, free of any means of harm. Do not leave them alone until you can secure help. The 988 Suicide and Crisis Lifeline can be an important resource for next steps.
- 4. Help them connect.** Support systems, including 988, can be helpful in the present and in a future crisis.
- 5. Follow up.** Studies show that checking in with people — calls, texts, notes, messages, etc. — can mean the difference between life and death. This type of contact reinforces connection and ongoing support.

REFERENCES:

- National Council on Aging. (2021). Suicide and Older Adults: What You Should Know. Retrieved January 20, 2023, from <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>
- Rope, K., and Smith, M. (reviewer). WebMD. (2021). What to Know About Suicide Rates in Older Adults. Retrieved January 20, 2023, from <https://www.webmd.com/healthy-aging/features/suicide-rates-older-adults>
- 988 Suicide & Crisis Lifeline. For more information, go to: <https://988lifeline.org>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:
123RF.com

