



Making the Most of Halloween

Source: Deana K. Reed, Extension Specialist for 4-H Youth Development

As holidays go, Halloween ranks as one of the big events of the year. Over time, Halloween celebrations have changed, with a definite shift away from costumed kids walking through neighbors after dark with little to no supervision to the current emphasis on organized fall festivals and trick-or-treating during designated hours in business, community or downtown centers. This change also lessens the emphasis on overeating, since organized activities and sports, such as archery, are now part of some community festivities.

Here are some tips to have a safe and successful Halloween:

- Costumes, however spooky, creative or outlandish, must be safe. Be sure the costume has large holes so the child can see where he or she is going and breathe easily. Length, fit and comfort will make a costume more enjoyable, especially when worn for an extended period. Costumes should be flame resistant. Make sure any props are lightweight and safe. A princess



weighed down by her wand or a knight in shining armor whose armor weighs a ton may be miserable and even sore well before night's end.

- An adult or responsible older sibling should accompany children to supervise and monitor them throughout the entire evening. Pay particular attention when trick-or-treating through neighborhoods, keeping an eye out for any unsafe or wayward behavior from other groups you may encounter. Carry a flashlight, wear reflective clothing so your group is visible, and stay close together.
- Discuss appropriate behavior for children during Halloween celebrations, making a clear distinction that while spirits may

run high, displays of vandalism and hooliganism are inappropriate. Also be sure children know to be courteous and polite when accepting treats. "Please" and "thank you" are never inappropriate, and in fact, are necessary. Good manners upon receiving treats reward the investment the

host has made to make the holiday special.

- Candy overload can be avoided by placing less emphasis on accumulating the biggest pile during trick-or-treating and more on other activities, such as pumpkin-carving and social activities and games.
- Remember that an adult should look over candy to ensure that it is safe before it is eaten. After you have carefully inspected the candy, offer your ghosts and goblins the opportunity to trade in pieces of candy for coins or a toy. Even Halloween treats should be eaten in moderation.

For more information on enjoying a safe Halloween, contact the Campbell County Cooperative Extension Service.



Join Us!

For Lunch & Shopping...

October 3rd, we are going to the Hoosier Ice House, 37 W. High Street, Lawrenceburg, IN. We are planning to travel to **Historic Lawrenceburg for lunch and shopping**. The sidewalks are great for those with walkers or wheelchairs. Lots of park benches for those who wish to sit while others shop. We plan to carpool from the Extension Office leaving at 10:00 am. We will leave Lawrenceburg around 1:30 -2:00. Join us for a fun day out of town.



MAKE A DIFFERENCE

A HOMEMAKER CHALLENGE FOR OCTOBER!

October 28th is "Make a Difference Day."

How about each of us accepting this Challenge to change the lives of 31 different people in October through simple acts of kindness? Think how many people could be encouraged by Campbell County Homemakers! This could be as simple as a card, call to friends, family, or even a contact with strangers in a park, store, etc. that could lift the spirits and improve their mental health—and, little doubt, ours, too, at the same time! Follow up to this challenge will be sharing your favorite memory that occurred at the next club meeting. Mailbox members, this Challenge is for you, too! Send a text or note to me about your favorite experience so I can share your successes with others: Pam @ 513-519-5823. Hope you accept this Challenge to make life a little brighter. Can't wait to hear about the adventures you'll experience!

Lunch Bunch



Tuesday, November 7, 2023
Hofbräuhaus - Newport
11:00 a.m.

200 East 3rd Street, Newport, KY 41071

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

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
September 27 1:00 p.m.	Homemakers Area Council Meeting — Durr Education Center 450 Kenton Lands Road, Erlanger, KY 41018
October 3 10:00 a.m.	Hoosier Ice House — Historic Lawrenceburg for Lunch and Shopping 37 W High St, Lawrenceburg, IN 47025 — We plan to carpool from the Extension Office leaving at 10:00 am. — Call/Text your reservation to Marcia Kerby at 859-816-8707
October 10 10:00 a.m.	Valley Homemakers Club Meeting — Room B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
October 10 1:00 p.m.	KEHA Week — Pampering Homemakers Event—Room B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
October 16 10:00 a.m.	Crazy Quilters — Rooms B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
October 18 10:00 - 2:00 p.m.	Homemakers Area Annual Meeting—Fall Flannel Frolic Boone County Enrichment Center — 1824 Patrick Drive, Burlington, KY 41005
November 1 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
November 7 11:00 a.m.	Lunch Bunch — Hofbrauhaus 200 East 3rd Street, Newport, KY 41071—Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:20 to car pool.
December 5 11:00 a.m.	Lunch Bunch — Greyhound Tavern 2500 Dixie Highway, Fort Mitchell, KY 41017—Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:20 to car pool.



At the Valley Homemakers Club meeting, attendees gained valuable information during our September meeting. Our guest speaker was Ruth Neace, from Alexandria Funeral

Home, who addressed the topic, "What to do when death occurs in the family." Her presentation was very informative and provided the answers many of us needed to hear, she also shared information for our reference later. Thank you Ruth for sharing this information with our members.



Campbell County Homemakers Cultureal Arts



Pictured are some of the projects/winners of the Campbell County Cultural Arts event held in September. Left to right: Linda Booth, Marcia Kerby, Peggy Stolz, Pam Fields, Vicki Schabell, Judy Yeager, Jennifer Duvall, and Susan Davis. Thank you, ladies—and congratulations!

Name	Item	Placing	Name	Item	Placing
Apparel (Accessory)			Holiday Decorations (Winter)		
Linda Booth	Tote Bag	1st	Vicki Schabell	Santa Pillow	1st
Vicki Schabell	Tote Bag	2nd	Vicki Schabell	Table Runner	2nd
Apparel (Basic Sewing)			Pam Fields	Santa Plate	3rd
Pam Fields	Adult Bib	1st	Jewelry (Mixed Media)		
Art, Natural (Wood)			Pam Fields	Beaded Bracelet	1st
Judy Yeager	Wood Burning	1st	Jewelry (Original Design)		
Pam Fields	Bird House	2nd	Susan Davis	Shadow Box	1st
Doll/Toy Making (Cloth)			Jewelry (Other)		
Peggy Stoltz	Teddy Bear	1st	Pam Fields	Mixed Media	1st
Embroidery (Basic Embroidery)			Needlepoint (Cloth Canvas)		
Linda Booth	Shadow Box	1st	Jennifer Duvall	Dragon	1st
Embroidery (Tatting/Lace Making)			Painting, Art (Acrylic)		
Jennifer Duvall	Needle Lace Rose	1st	Linda Booth	Christmas Tree	1st
Embroidery (Miscellaneous)			Jennifer Duvall	Feathered Friend-2 in set	2nd
Jennifer Duvall	Moth	1st	Painting, Decorative (Other)		
Holiday Decorations (Autumn)			Pam Fields	Gourd Birdhouse	1st
Jennifer Duvall	Pumpkin Trio	1st	Paper Crafting (Card Making)		
Peggy Stoltz	Turkey & Fall Foliage	2nd	Pam Fields	Halloween card	1st
Holiday Decorations (Spring)			Wall or Door Hanging (Other)		
Marcia Kerby	Candle Mat	1st	Peggy Stortz	Diamond Set	1st
Vicki Schabell	Pillow-Easter	2nd	Miscellaneous		
Holiday Decorations (Summer)			Vicki Schabell	Table Runner	1st
Pam Fields	Decals	1st	Patti Gabelman	Table Runner	2nd
			Pam Fields	Diamond Art	3rd
			Vicki Schabell	String Set	4th

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

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



Campbell County Homemakers...

MAKE A DIFFERENCE.



Campbell County Homemakers used their time and talents to make pillows and bibs for Bluegrass Care Navigators for their staff to use and distribute to their patients. The items were received with joy and excitement from patients and staff. Thank you to all the members who helped make this possible! Below is a note of thanks the Homemakers received for their efforts.

Dear Friends,

We wanted to pass along a very sincere THANK YOU for all you've done to help Bluegrass Care Navigators patients and families with your gifts of time and talent. The nurses pull daily from the pillows and bibs. Thank you so much for helping our patients and putting smiles on faces!

Please know your time and hard work is appreciated!

Warmly, Lynn Welch— Bluegrass Care Navigators





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: **Marcia Kerby, 372 Shadow Ridge, Cold Spring, KY 41076 by December 1, 2023.** 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!

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

Welcome to the
Campbell County
Homemakers Association

Education with a Difference
Volunteer Organizations
Improving Quality of Life for Families & Communities
Leadership Development

Membership Form

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Membership type: New Renewal

Indicate the Club(s) you are interested in:
 Valley Crazy Quilters
 Lunch Bunch Mailbox

Additional Optional Information:
Asian Black Hispanic White
Native American Other: _____
Female Male

Age: 19 20-24 25-34 35-44
 45-54 55-64 65-74 75+

Annual Membership fee: **\$10.00**
Make check payable to:
Campbell County Extension Homemakers Association
I will donate \$ _____ to the
Campbell County Extension Homemakers Scholarship Fund.

Form with payment to:
Campbell County Extension Homemakers Association
Marcia Kerby
372 Shadow Ridge
Cold Spring, KY 41076

The University of Kentucky, including the Kentucky Extension Homemakers, may do the interview, and/or permit the aforementioned interview and/or promotional and promotional compensation.

Phone: _____ Ext. Office _____

Make Halloween Safe and Sweet (without using too much sugar!)

Source: Jennifer Bridge, Meade County Family and Consumer Sciences Extension Agent

Halloween is just around the corner and children will be transformed into princesses, cowboys, superheroes and an assortment of other characters. Door bells will ring and sweet voices will yell, "trick or treat," as tossed candy echoes off plastic pumpkins. While



Halloween is a joyous occasion for most children, it can be a point of stress for parents trying to control the amount of sugar and candy their child consumes.

Many parents are making concerted efforts to cut back on sugar for a variety of reasons including reducing cavities, eliminating excess calories and improving overall health.

When selecting treats for all the visiting goblins, consider alternatives to candy such as prepackaged snack bags of pretzels, sugar-free gum, granola bars or small boxes of cereal. Non-food items such as pencils, spooky erasers, small bottles of bubbles, trading cards, stickers, coupons for free items or other appropriate party favors are also great alternatives, especially if you know that you will have visits from children with food allergies.

Before heading out for an evening of fun, feed your little ghosts and goblins a healthy snack or a light meal. This can help curb appetites and make it easier to monitor food and candy consumption

on. Many communities have special events during trick or treat night as a safe alternative to going door-to-door. Local churches, businesses and schools may also sponsor events before or during Halloween.

When you get home, dump all

throughout the evening.

An easy way to monitor your child's consumption so they do not end up with a bellyache or headache is to allow them to select a couple pieces of their favorite candy once they return home, then set a limit for each day after. This simple act is also a great way to teach or reinforce counting and sorting by the type of item and color.

A great way to continue the fun is to create a special container or jar with your child. After the fun of sorting and counting, fill the jar three-quarters-full with the smaller items they received. Each day, allow the child to reach in and pull out two to three items. It will be a surprise for both of you and make having to wait a little more exciting.

Also, remember to only stop at homes of people you trust and who have their porch lights

the loot and take time to thoroughly inspect each item before giving it to your child. Throw away all damaged items, potential choking hazards or food in torn or opened packages. Be sure to look for pin holes or other signs of tampering.

Planning ahead and providing structure is a great way to make trick or treating safe and fun for your child.

For more information on childhood nutrition, contact your Campbell County Cooperative Extension office.



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



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, August 3
- Thursday, October 5
- Thursday, November 2
- Thursday, December 7

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

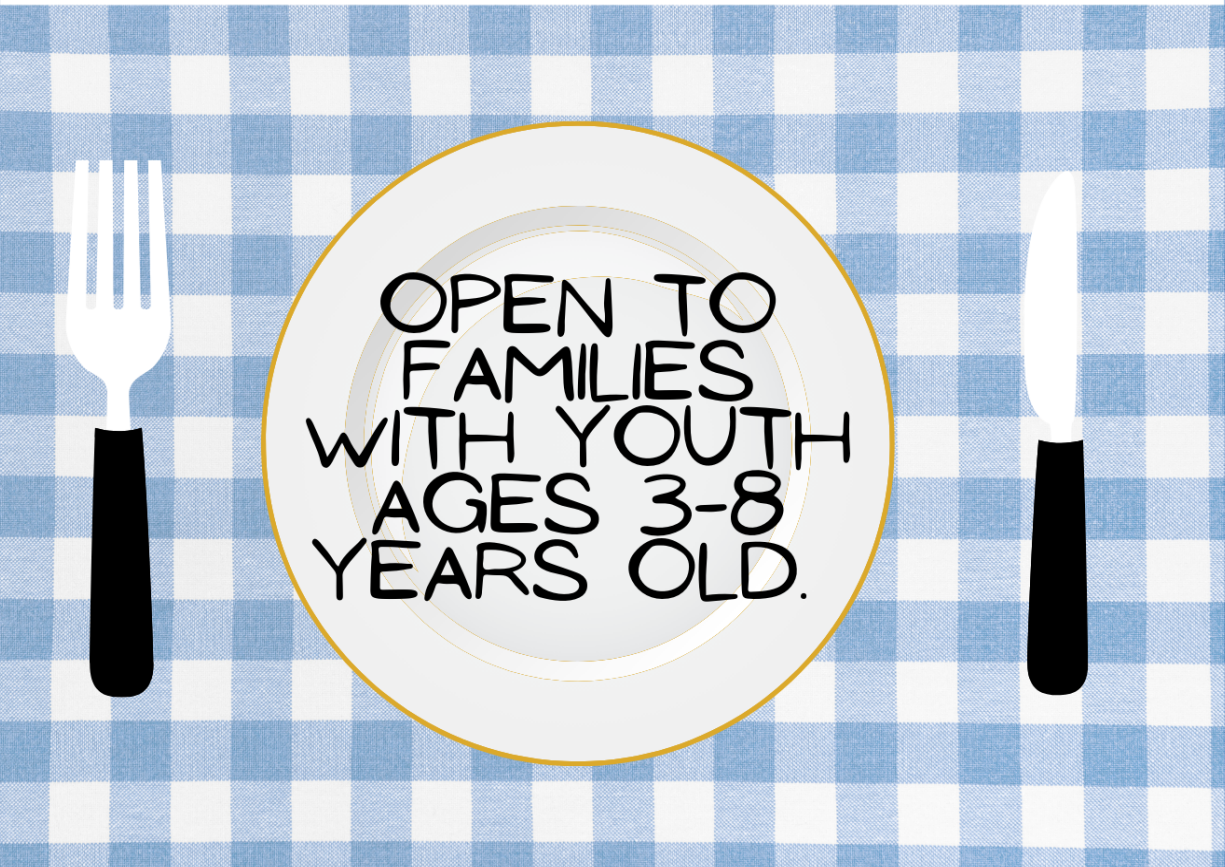
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Disabilities
accommodated
with prior notification.

FAMILY BONDING
MANNERS
Matter



DINNER.MANNERS.FAMILY

WEDNESDAY, NOVEMBER 15, 2023

CAMPBELL COUNTY EXTENSION

3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076

CLASS IS FROM

5:30PM-7:00PM

REGISTRATION OPENS SEPT 11TH
ONLINE AT CAMPBELL.CA.UKY.EDU

OR CALL 859-572-2600

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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with prior notification.

ADULT

HEALTH BULLETIN



OCTOBER 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
Email: campbell.ext@uky.edu

THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

Continued on the next page ➔



Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



→ Continued from the previous page

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com, Adobe Stock



JOIN US FOR A KIDS COOKING SERIES



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

GROWN-UP AND ME



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
WEDNESDAY 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 NOVEMBER 1ST AND
CLOSES JANUARY 3RD



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KNOW YOUR ALERTS AND WARNINGS



FEMA

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Local police and fire departments, emergency managers, the National Weather Service (NWS), the Federal Emergency Management Agency (FEMA), the Federal Communications Commission (FCC), the National Oceanic and Atmospheric Administration (NOAA), and private industry are working together to make sure you can receive alerts and warnings quickly through several different technologies no matter where you are—at home, at school, at work, or in the community.

For those with access and functional needs, many messages are TTY/TDD compatible and many devices have accessible accommodations. Review this fact sheet to make sure you will receive critical information as soon as possible so you can take action to be safe. Be sure to share this information with your family, friends, and colleagues. And remember to keep extra batteries for your mobile phone or radio in a safe place or consider purchasing other back-up power supplies such as a car, solar-powered, or hand crank charger.



Organized by FEMA, the Integrated Public Alert and Warning System (IPAWS) is the Nation's alert and warning infrastructure. It provides an effective way to alert and warn the public about emergencies using the Emergency Alert System (EAS), Wireless Emergency Alerts (WEA), NOAA Weather Radio All Hazards, and other public alerting systems from a single interface. IPAWS is used to send notifications for three alert categories—Presidential, AMBER, and Imminent Threat.

For more information on IPAWS, EAS, and WEA, visit www.ready.gov/alerts.

Using IPAWS, officials can send messages simultaneously through multiple pathways, including:

- EAS: used by alerting authorities to send detailed warnings to broadcast, cable, satellite, and wireline communication pathways;
- WEA: Free, 90-character emergency text messages sent by local alerting authorities to equipped mobile devices within range of cell towers broadcasting in the affected area. You do not have to sign up for WEA alerts. To find out if your mobile device is capable of receiving WEA alerts, contact your cellular service provider or visit www.ctia.org/WEA; and
- IPAWS compliant digital road signs, sirens, and other systems.

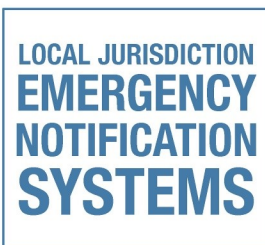
FEMA P-1093/July 2018



The NOAA Weather Radio All Hazards, or NWR, is a nationwide network of radio stations broadcasting forecasts, warnings, and emergency information 24 hours a day. It is a comprehensive weather and emergency information service available to the public. All-hazards messages include weather events, technological incidents like chemical spills, AMBER alerts, and national emergencies. NWR also broadcasts EAS notices.



A special weather radio receiver is required to receive NWR broadcasts. You can buy these receivers at many retail outlets such as electronics stores, department stores, big box stores, or online. Be sure to look for the Public Alert or NWR logo to ensure the radio meets technical requirements. Models identified as SAME, or Specific Area Message Encoding, receivers allow users to select alerts for specific geographic areas. For information on NOAA Weather Radio All Hazards, visit www.nws.noaa.gov/nwr.



OPT-IN/SIGN-UP TEXT AND EMAIL SYSTEMS

Many jurisdictions have opt-in public alert and warning systems. An opt-in system means you must sign up to receive the alert. Once you have signed up, officials in your area can send you text or email messages about local emergencies. Most opt-in systems allow subscribers to choose the devices that receive alerts as well as the types of alerts. Because you may not be near a television or radio when something happens, a local text or email alert can be an extremely useful source for critical information. Small costs may be associated with receipt of text messages from your mobile device service provider.

To find out what alerts are available in your area, you can do an Internet search with your town, city, or county name and the word “alerts”; you can go to the website for your local emergency management or public safety office; or you can contact these offices by telephone.

ENHANCED TELEPHONE NOTIFICATION (ETN) SYSTEMS

In the event of an emergency, local officials in many local communities can send warning messages and instructions to individuals in an at-risk area through an ETN system, such as a Reverse 911® system. Most systems include landline phone numbers, but some also allow for messages to Voice over Internet Protocol (VoIP) and mobile phones through an opt-in process—check with your local emergency management for information on this system and available features.

OUTDOOR SIRENS AND/OR VOICE ALERT SYSTEMS

Outdoor sirens and/or voice alert systems are used to alert people outdoors of an immediate danger so they can take cover. The system is not designed to be heard inside building walls. Note that some communities may still have the siren infrastructure in place but it may no longer be operable, so it is important to check with your local emergency management office to understand if this service is currently provided.

LOCAL SCHOOL OR ORGANIZATION NOTIFICATION SYSTEMS

Many workplaces, schools, and community- and faith-based organizations have notification systems to warn individuals of emergencies and provide tailored notifications. These may range from listservs to opt-in text and email systems similar to those used by local jurisdictions.

MOBILE APPS WITH LOCAL ALERT FUNCTIONS



FEMA APP

Stay updated with severe weather alerts from the National Weather Service for up to five locations across the U.S.; learn how to stay safe before, during, and after over 20 types of hazards; save a custom list of the items in your family's emergency kit; and locate and receive driving directions to open shelters and disaster recovery centers. You can also submit disaster-related photos to a public map using the Disaster Reporter feature. The FEMA App is also available in Spanish. Download the app to your mobile device or smartphone free on iTunes or Google Play. Learn more at www.fema.gov/mobile-app.



AMERICAN RED CROSS APP

The Red Cross Emergency app combines more than 35 different types of severe weather and emergency alerts. You can choose the alerts that are important to your location or the location of loved ones. The "Family Safe" feature allows you to notify loved ones that an alert has been issued in their area and check to see if they are safe. The app also offers information on what to do before, during, and after severe weather hits and how to find open Red Cross Shelters. All content is also available in Spanish. You can download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later) and Google Play (Android). Learn more at www.redcross.org/prepare/mobile-apps.



THE WEATHER CHANNEL APP

Tracks weather and provides local forecasts and push alerts of severe weather to your mobile device. Download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later), Google Play (Android), App World (BlackBerry), and Windows Phone at www.weather.com/apps.

SUMMARY OF ACTIONS

FOR INDIVIDUALS

- Confirm your mobile device can receive Wireless Emergency Alerts.
- Sign up for text and/or email alerts from your local jurisdiction.
- Consider purchasing a NOAA Weather Radio All Hazards.
- If you do not have a landline, check to see if your jurisdiction has options for VoIP and mobile phones to be connected to ETN systems such as Reverse 911®.
- Sign up for listservs and alerts for the workplace, schools, houses of worship, or other community organizations you'll want to hear from in an emergency.
- Download relevant hazard alerts and warnings apps.
- Create a list of all the alert systems available to you, and make sure everyone in the household receives the alerts as part of your household communication system.

FOR ORGANIZATIONS

- Test internal communication systems to ensure all individuals in the organization can be contacted.
- Designate individuals to be responsible for distributing alerts from official sources.
- Consider purchasing a NOAA Weather Radio All Hazards.
- Develop a list of all the alert systems available for your community and your organization as a guide for people in the organization.
- Encourage individuals to sign up for alerts and warnings, and assist them with finding any needed information.

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.



12 WAYS TO PREPARE

<input type="checkbox"/> Sign up for Alerts and Warnings	<input type="checkbox"/> Make a Plan	<input type="checkbox"/> Save for a Rainy Day	<input type="checkbox"/> Practice Emergency Drills	<input type="checkbox"/> Test Family Communication Plan	<input type="checkbox"/> Safeguard Documents
<input type="checkbox"/> Plan with Neighbors	<input type="checkbox"/> Make Your Home Safer	<input type="checkbox"/> Know Evacuation Routes	<input type="checkbox"/> Assemble or Update Supplies	<input type="checkbox"/> Get Involved in Your Community	<input type="checkbox"/> Document and Insure Property

ONE POT ITALIAN TORTELLINI DINNER



Servings: 8 Serving Size: 1 cups

Ingredients:

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 3 tablespoons minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- 2 (15-ounce) cans no-salt-added tomato sauce
- 1 (8-ounce) package fresh sliced mushrooms
- 4 cups fresh prewashed spinach (remove stems and tear large leaves into pieces)
- 1 (19-ounce) package frozen cheese tortellini
- 1 cup low-moisture, part-skim shredded mozzarella cheese

Source: 2022 KYNEP Food and Nutrition Calendar : East Region (4, 6) Nutrition Education Program

Nutrition facts per serving:

340 calories; 10g total fat; 5g saturated fat; 0g trans fat; 65mg cholesterol; 400mg sodium; 36g total carbohydrate; 3g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium.

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.
3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
7. Top with mozzarella cheese and allow to melt before serving.
8. Store leftovers in the refrigerator within 2 hours.

A Matter of Balance

These **FREE** Classes Help Participants Learn To:

- ◆ View falls and fear of falling as controllable
- ◆ Set realistic goals for increasing activity
- ◆ Change their environment to reduce fall risk factors
- ◆ Promote exercise to increase strength and balance

Designed To Benefit Community-Dwelling Older Adults Who:

- ◆ Are concerned about falls
- ◆ Have sustained a fall in the past
- ◆ Restrict activities because of concerns about falling
- ◆ Are interested in improving flexibility, balance and strength
- ◆ Are age 60 or older, ambulatory and able to problem-solve

7 Week Program on Tuesdays
February 6 through March 19,
2024

SPACE IS LIMITED TO
20 PARTICIPANTS

Registration is required
Call (859) 572-2600 to register.

Location:

Campbell County Cooperative Extension Service
3500 Alexandria Pike, Highland Heights, Kentucky 41076

Instructor: Kate Vaught Thompson

*“I am already noticing
a difference in my
physical being.
I plan to continue
these exercises.”*

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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accommodated
with prior notification.

FEEL GOOD FRIDAYS

Come join us for hands on crafts
in a mindful environment.

10:00AM

January 19th

February 2nd

February 16th

March 1st

March 15th

**CAMPBELL COUNTY
EXTENSION OFFICE**

3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

Registration

Opens November 10th
online at
campbell.ca.uky.edu
or call 859-572-2600

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