



SEPTEMBER 2022

## Shopping and Inflation

Sources: Nichole Huff, Ph.D., Assistant Extension Professor, Family Finance and Resource Management;  
Miranda Bejda, Doctoral Student, Family Sciences

As inflation continues to rise, so do the grocery and gas bills of Kentuckians. Although consumers cannot control inflation, there are strategies we can use to stretch our dollars.

To save money at the pump, limit unnecessary driving and time in the car. Idling your car even for 10 seconds can use as much fuel as restarting your engine. Also, run quick errands on the way to or from work or school, especially for stores along your commute. Consider carpooling when possible and take turns driving. Whether to the office, your kids' school, or even the grocery store, any time we reduce our mileage, we save money.

You may find it easier to save money on groceries than gas by using a few savvy shopping strategies. First, comparison shop using store websites and apps. If online shopping and curbside



pickup are available in your area, virtually shop for groceries and household goods. Buying groceries online allows you to compare prices and product sizes, avoid impulse buys, and use store-specific coupons. If you'd rather do your shopping in-store, use the internet to compare deals to determine which store will best meet your needs for that week.

Always plan ahead before you shop. Shopping on a whim leaves you vulnerable to impulse buys. Making a list also helps you avoid unnecessary trips for forgotten

items (which saves on gas). Finally, planning meals allows you to use the items you have on hand in your pantry, fridge, or freezer. Reducing food waste is a good way to save money.

Your freezer can be a money-saving asset. Double a recipe and freeze half for later or freeze extra ingredients for future use. Use ice-cube trays or muffin tins to measure out liquid ingredients such as leftover sauces. You can also cut up wilting herbs and freeze them in olive oil to easily add to a hot pan for extra flavor.

Finally, to save money at the store, avoid pre-packaged snacks. Despite their convenience, snack-sized packages often come with a steeper price tag. Buy larger packages and split them up into reusable containers to save money over time. Buy household staples in bulk, especially those that have a long shelf-life if you have storage.

## Campbell County Cultural Arts Day

Wednesday, September 28, 2022

Drop off— 9:30 a.m.

Judging—10:00 a.m.



## Valley Homemakers Meeting

September 13th — 10:00 a.m. will be held at Campbell County Extension Office.

Come and join in the fun with us!

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

*Kate Vaughn Thompson*

**Kate Vaughn Thompson**  
Campbell County Extension Agent for Family and Consumer Sciences

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# Lunch Bunch



**Tuesday, September 6, 2022**  
**Greyhound Tavern**  
11:00 a.m.

2500 Dixie Hwy, Ft. Mitchell, KY

**Tuesday, October 4, 2022**  
**Hofbräuhaus**  
11:00 a.m.

200 3rd St, Newport, KY

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

if you would like to attend or carpool.

## Save the Date!



**2023 KEHA State Meeting**  
**May 9-11, 2023**

**Crowne Plaza**  
**Louisville, KY**

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



The Lunch Bunch Club met at the Log Cabin Inn on August 2. We had a great time. Be sure to join us at the Greyhound Tavern in September!

# LOOKING AHEAD...

Date	Event
September 6 11:00 a.m.	<b>Lunch Bunch</b> Greyhound Tavern — 2500 Dixie Hwy, Ft. Mitchell, KY- Call/Text Marsha Kerby - 859-816-8707
September 10 10:00 a.m. - 2:00 p.m.	<b>Extension Open House / Campbell County Homemakers Kickoff</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
September 13 10:00 a.m.	<b>Valley Homemakers Meeting</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
September 22 10:00 a.m.	<b>Area Meeting Homemaker Meeting</b> Pendleton County Extension Office — 45 David Pribble Drive, Falmouth, KY 41040
September 28	<b>Cultural Arts — Drop Off - 9:30 a.m. Judging - 10:00 a.m.</b> See pages 4 & 5 for Exhibit Categories
October 4 11:00 a.m.	<b>Lunch Bunch</b> Hofbrauhäus — 200 3rd St, Newport, KY 41071 Call/Text Marsha Kerby - 859-816-8707
October 12 10:00 a.m.	<b>Triennial Meeting - Cultural Arts: 8:30-10 am — Program begins: 10 am</b> Receptions Event Center, 1379 Donaldson Hwy, Erlanger, KY 41018 - Registration by Sept. 23rd
October 18 10:00 a.m.	<b>Crazy Quilters Meeting</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY

## RENEW YOUR MEMBERSHIP

### Homemaker Membership Dues

Whether you are a current member of a Homemaker club or a mailbox member, you can renew your membership for 2023. The updated Membership Form is included with this newsletter. Annual Dues is \$10.00. **Make your check payable to: Campbell County Extension Homemakers** and send the check/money order to: **Mary Lou Vogel, PO Box 6, Silver Grove, KY 41085 by December 1, 2022.** Remember that Homemaker memberships make a great gift for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from joining the Homemakers!

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

**Campbell County  
Homemakers Association**

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

**Annual Membership fee: \$10.00**  
Make check payable to:  
Campbell County Extension Homemakers Association

**Membership Form**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Membership type:  New  Renewal

Sub(s):  Valley  Crazy Quilters  
 Lunch Bunch  Mailbox

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

Age:  15-19  20-24  25-34  35-44  
 45-54  55-64  65-74  75+

Signature: \_\_\_\_\_  
Ext. Office: \_\_\_\_\_

## 2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

### *Categories and Subcategories*

- 1. APPAREL**
  - a. Accessory
  - b. Appliqued
  - c. Basic Sewing
  - d. Quilted
  - e. Specialty
- 2. ART, 3-Dimensional**
  - a. Carving
  - b. Sculpture
- 3. ART, NATURAL**
  - a. Wood
  - b. Other
- 4. ART, RECYCLED (Include a before picture)**
  - a. Clothing
  - b. Household
  - c. Other
- 5. BASKETRY**
  - a. Cane
  - b. Dyed Material
  - c. Miniature (under 4 inch)
  - d. Novelty
  - e. Plain
- 6. BEADING**
  - a. Bead Weaving
  - b. Non-jewelry Item/Wearable
  - c. Miscellaneous
- 7. CERAMICS**
  - a. Hand-formed
  - b. Molded
  - c. Pre-made
- 8. COUNTED CROSS STITCH**
  - a. 14 Count & Under
  - b. 16-22 Count
  - c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
  - a. Accessories
  - b. Fashion
  - c. Home Décor and Afghans
  - d. Thread
- 10. DOLL/TOY MAKING**
  - a. Cloth
  - b. Handmade Toy other than Porcelain/China or Cloth
  - c. Porcelain/China
- 11. DRAWING**
  - a. Pastels
  - b. Pen and Ink
  - c. Pen and Ink with Oil Roughing
  - d. Pencil or Charcoal-Black
  - e. Pencil-Color
- 12. EMBROIDERY**
  - a. Basic
  - b. Candle Wicking
  - c. Crewel
  - d. Machine
  - e. Ribbon
  - f. Smocking
  - g. Swedish
  - h. Tatting/Lace Making
  - i. Miscellaneous
- 13. FELTING\***
  - a. Needle Method
  - b. Wet Method
- 14. HOLIDAY DECORATIONS**
  - a. Autumn
  - b. Spring
  - c. Summer
  - d. Winter

## 2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER)

### 18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

### 21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

### 22. QUILTS\*\*

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking\*\*\*

### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other

### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

### 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CAMPBELL COUNTY

# FARMERS MARKET

2022



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

Large variety of  
home grown produce,  
breads, honey and other  
KY Proud commodities.  
For more information,  
call 859-572-2600.



## Highland Heights\*— Tuesdays

Senior Citizens Activity Center

3504 Alexandria Pike

May 17 thru October 25

3:00 p.m. to 6:00 p.m.

## Fort Thomas\*\*— Wednesdays

Mess Hall in Tower Park

801 Cochran Avenue

March 23 thru December 14

3:00 p.m. to 6:00 p.m.

Hours extend to 7:00 p.m. June-September

(Senior shopping begins at 2:45 p.m.)

## Alexandria\*— Fridays

Southern Lanes Sports Center

7634 Alexandria Pike

May 20 thru October 28

3:00 p.m. to 6:00 p.m.

## Newport\*— Saturdays

Next to Pepper Pod Restaurant

709 Monmouth Street

May 21 thru October 29

9:00 a.m. to 12 noon

\* Accepts WIC, SNAP and Senior Farmer's  
Market Nutrition Program

\*\* Accepts SNAP only  
Supplemental Nutrition Assistance Program



# Campbell County Farmers Market

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

FALL  
2022

# Flower Buds



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

## A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).  
Older children are also  
welcome to join with prior notification.

Space is limited to 20 children  
plus 1 parent or relative.

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



### Location:

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

### Fall 2022 Flower Buds Schedule:

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

- Thursday, August 4
- Thursday, September 1
- Thursday, October 6
- Thursday, November 3
- Thursday, December 1

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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Travel to the Heart of Amish Country in Berlin, Ohio & Holmes County

**September 12-15, 2022**

► **MONDAY, SEPTEMBER 12**

- 8:30 AM Leave Florence Mall by water tower. Please be on time. There will be juice/Danish on bus.
- 12:30 PM Arrive in Holmes County. Lunch on your own and shopping in Berlin.
- 3:30 PM To hotel to check in. Rest time.
- 5:30 PM Dinner buffet style at the Farmstead Restaurant
- 7:00 PM Back to Room

► **TUESDAY, SEPTEMBER 13**

- 8:30 AM Breakfast at hotel
- Walnut Street Market and Stores
- Lunch on your own
- Amish Country Tour
- Lehmans
- Dinner will be in a Amish Home

**Cost per room:**  
 1 person- \$820.00 / ea  
 2 people- \$520.00 / ea  
 3 people- \$420.00 / ea  
 4 people- 370.00 / ea

*Includes bus, room, 3 full meals, "Josiah for President" Play, & Bus driver tip. There will be snacks, water, soft drinks and juice on the bus. One suitcase and small carry on bag per person.*

► **WEDNESDAY, SEPTEMBER 14**

- 8:30 AM Breakfast at hotel
- 11:30 AM Visiting candle shop for demonstration
- 11:30 AM Lunch at the Ohio Valley Theatre where we'll enjoy the musical "Josiah for President" an Amish farmer who accidentally becomes a candidate for president
- 4:00 PM Heini's Cheese Chalet factory: 25 varieties of cheese, free samples, smoked meats, jams & jellies plus homemade fudge
- Dinner on your own.
- Back to hotel

► **THURSDAY, SEPTEMBER 15**

- Breakfast at hotel
- 9:00-9:30 AM Luggage in hallway by 8:30AM
- Leave hotel and visit Hillshire Orchard
- Hershberger's Bakery & Farms. They have jams, jelly, baked goods and other goodies.
- Lunch on your own.
- 2:00 PM Leave for Florence
- 6:00-6:30 PM Arrive back at Florence Mall



Send check (made payable to **Boone County Extension Homemakers**) and this cut-off portion to Linda Padgett, 11307 Lakeview Dr, Union, KY 41091 by **August 8, 2022**. Questions call Linda 859-380-4321.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_ # of Roommates: \_\_\_\_\_

Roommates: \_\_\_\_\_

Car license plate number (if parking at Florence Mall overnight): \_\_\_\_\_

►► **1 SUITCASE AND 1 SMALL CARRY ON BAG PER PERSON!**



# YOUTH HEALTH BULLETIN



**SEPTEMBER 2022**

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

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

## THIS MONTH'S TOPIC:

# DEALING WITH BULLIES

**B**ullying is a big problem. It can make kids feel hurt, scared, sick, lonely, embarrassed, and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, tease, or scare them. Bullies might do things like:

- Teasing
- Talking about hurting someone
- Spreading rumors
- Leaving other kids out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on



**Continued on the back** →



# Be sure to stop and think before you say or do something that could hurt someone.

## ➔ Continued from page 1

sites like Instagram, sharing embarrassing pictures or videos, and making fake profiles or websites.

### What to do

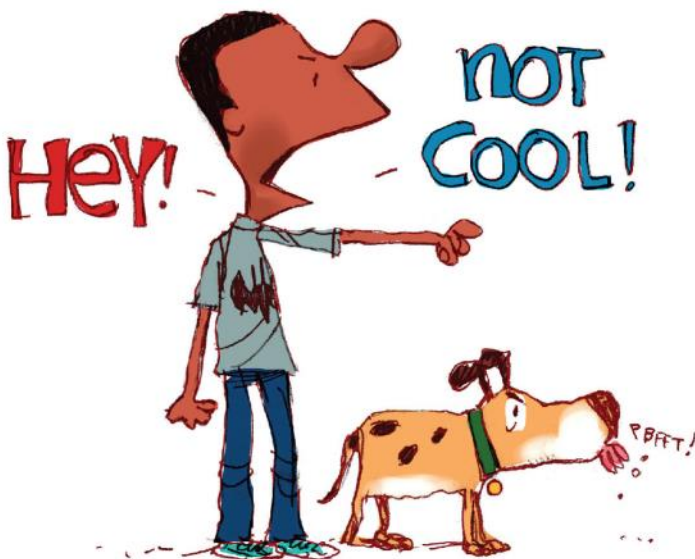
Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

#### What to do if YOU are being bullied:

- **Tell the bully to stop:** There might be a chance the person bullying you does not realize how they are making you feel. Once they know, they may stop.
- **Find a buddy:** Buddy up with a friend so you are never alone with the bully.
- **Avoid the bully:** If you know the bully is nearby, try to walk a different way to class, go to a different bathroom, and play in a different part of the playground.
- **Tell an adult:** Your parents, a teacher, or your principal can help.

#### What to do if you see another kid being bullied:

- **Stand up to the bully:** Do not watch or join in. Tell the bully that what they are doing is not cool, and invite the bullied kid to walk away with you by saying "C'mon, let's go."



- **Stop any rumors:** If someone tells you something mean or embarrassing about someone else, do not pass it on.
- **Tell a teacher:** Tell them everything you know, and keep them updated. This way, the teacher can help stop the bully, and give support to the person being bullied.
- **Be kind to the kid that is getting bullied:** Ask them if they are OK. Say "hi," and smile at them when you see them, and invite them to play with you at lunchtime.

As school starts this year, remember to treat everyone with respect. Be sure to stop and think before you say or do something that could hurt someone. Keep in mind that everyone is different. Not better or worse. Just different. In addition, if you think you have bullied someone in the past, apologize. Everyone feels better.

#### REFERENCES:

- <https://kidshealth.org/en/kids/bullies.html>
- Association of Cyberbullying Experiences and Perpetration With Suicidality in Early Adolescence. Arnon S., Brunstein Klomek A., Visoki E., Moore T. M., Argabright S. T., DiDomenico G. E., Benton T. D., Barzilay R. JAMA Netw Open. 2022 Jun 1;5(6):e2218746. doi: 10.1001/jamanetworkopen.2022.18746. PMID: 35759263.
- <https://afsp.org/national-suicide-prevention-week>

## ADULT HEALTH BULLETIN

#### Written by:

Dr. Natalie Jones, MPH, DrPH

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



# It's Tailgating Season

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

**T**ailgating means to serve food and drinks from the tailgate of a car, truck, or SUV. It has evolved over the years and is often an elaborate setup at sporting events. Football and tailgating go hand-in-hand for many fans. But unsafe food handling practices during



your tailgating event could lead to foodborne illness. To keep yourself and your guests safe from foodborne illnesses, follow these tips:

**Wash your hands.** Parking lots don't have access to running water so bring your own hand-wash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels, and a bucket to catch waste water. Wash your hands before and after preparing food and especially after using the portable restrooms. Always wash your hands before eating, and encourage your tailgating friends to wash their hands before eating too!

**Keep cold foods cold.** Perishable food should be kept at temperatures below 40 degrees F. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy, and deli salads cold. If you plan on grilling, keep the raw meat separated from ready-to-eat

products and drinks. Use two coolers, and designate one for raw ingredients and one for ready-to-eat.



**Keep hot foods hot.** Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. Insulated containers or Sterno heaters can also be used to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a great option for keeping foods like chili and homemade dips hot.

**When grilling, use a metal-stemmed thermometer to make sure your meats reach the correct internal temperature before taking them off the grill.** All poultry should be cooked to 165 degrees F and ground meats (burgers) should be cooked to 160 degrees

F. Roasts, steaks, and chops of beef, pork, lamb, and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness.

**Eat prepared food within two hours.** If the temperature is higher than 90 degrees, consume the food within an hour.

Throw away leftovers in trash cans with plastic liners and lids before heading into the stadium.

After returning home, clean and sanitize all your food preparation equipment including coolers, thermometers, and utensils.

For more food safety information, contact your local Cooperative Extension Office.

**Reference:** USDA FSIS <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/tailgating-food-safety-q>

# Tips to Avoid Scams after a Natural Disaster

Source: Nichole Huff, Assistant Extension Professor for Family Finance and Resource Management

Following the devastating tornadoes and flash floods over the last year, Kentuckians are working tirelessly to recover and rebuild. Unfortunately, scammers often take advantage of the vulnerable period after a natural disaster. To protect yourself and your community from scams and fraud, it is important to know how to spot and report these crimes.

Residents of Breathitt, Clay, Floyd, Knott, Letcher, Perry and Pike counties are eligible to receive Federal Emergency Management Agency assistance. While this is a welcome relief, the agency warned of possible scammers impersonating FEMA employees in the region and offered tips for how to spot these imposters.

Official FEMA inspectors will never ask for your registration number because they already have this information. They will also never collect your personal financial information.

FEMA employees will never charge you for an inspection or application help and will never solicit or accept money as there is no fee to apply for FEMA assistance. Don't trust anyone who offers financial help and then asks for payment or personal info. FEMA will also never make unsolicited contact unless you have called FEMA first or submitted an official FEMA application.

FEMA shirts or jackets are not sufficient proof of employment, so if you suspect someone may be impersonating a FEMA employee, feel free to ask to see their laminated, official FEMA photo-ID.

If official, verified FEMA inspectors and employees come to your home or if you receive an official FEMA



letter, but you have not filed for assistance, someone may have used your address and information to create a fraudulent application. Tell the inspector or call the FEMA helpline at 800-621-3362, so they can stop processing the request. This may also be a sign of identity theft; if you suspect identity theft, visit [identitytheft.gov](http://identitytheft.gov).

You may report FEMA fraud and scams by emailing FEMA Fraud Investigations and Inspections Division at [StopFEMAFraud@fema.dhs.gov](mailto:StopFEMAFraud@fema.dhs.gov), faxing 202-212-4926 or writing to FEMA Fraud and Internal Investigation Division, 400 C Street SW Mail Stop 3005, Washington, DC 20472.

Fraudulent contractors and repair people are another common scam to watch out for after a natural disaster.

To find reputable options for contractors or repair companies, check with the Better Business Bureau by calling Louisville/Western Kentucky, 502-583-6546; Central/Eastern Kentucky, 800-866-6668 or visiting [BBB.org](http://BBB.org). You can also visit <https://www.hbak.com/content.asp?contentid=161> to find

the Home Builders Association of Kentucky for your county. If you have your insurance company survey the damage, they will likely give you a list of reputable companies. Credible contractors and companies should have a verifiable phone number and physical address.

Ask for proof of liability insurance and check that companies have workers' compensation coverage. Liability insurance protects you from getting sued if someone is hurt because of the repair work or if a neighbor's property is damaged. Workers' compensation coverage protects workers if injured on the job.

Before starting work, make sure you have a written and signed contract. The contract should list all work details, costs of services and a clear start and end date. Carefully read contracts and be sure not to sign anything that may give the contractor rights to your insurance claims.

Do not pay for work upfront. Some contractors may require a deposit, but it should never be the full estimated price.

If you question the credibility of a company or contractor, call the Consumer Protection Division at 888-432-9257 to see if information is available about the company.

If you suspect you have encountered disaster fraud, first, contact your local police department, then, you should call the Kentucky attorney general's office at 502-696-5485 or submit a fraud complaint online at [ag.ky.gov/scams](http://ag.ky.gov/scams).

For more information on avoiding scams after a natural disaster, contact the Campbell County Cooperative Extension Service.

# ADULT HEALTH BULLETIN



**SEPTEMBER 2022**

Download this and past issues  
of the Adult, Youth, Parent, and  
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[http://fcs-hes.ca.uky.edu/  
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3500 Alexandria Pike  
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859-572-2600

## THIS MONTH'S TOPIC:

# RECOVERY FROM MENTAL HEALTH, SUBSTANCE USE DISORDERS



**S**eptember is National Recovery Month. Recovery Month celebrates the gains made by those in recovery from substance use and mental health. We celebrate them just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Recovery Month is held every September to increase awareness and understanding of mental health disorders and substance use disorders and to celebrate those in recovery. Mental health and substance use disorders affect

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# People can get help by calling or texting the Suicide and Crisis Lifeline at 988 or calling the KY Help Call Center at (833) 859-4357.

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all communities nationwide. With commitment and support, those affected can improve their health and overall wellness. Recovery Month spreads the message that people can and do recover every day.

Substance use disorder is on the rise, and the COVID-19 pandemic has a large part to play in this.

During the pandemic, we have also seen a significant rise in mental health problems including depression, anxiety, and addiction. According to the Centers for Disease Control and Prevention (CDC), 13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19. In fact, the same CDC report revealed that drug overdose deaths in the U.S. reached an all-time high in 2021, increasing 15% from 2020.

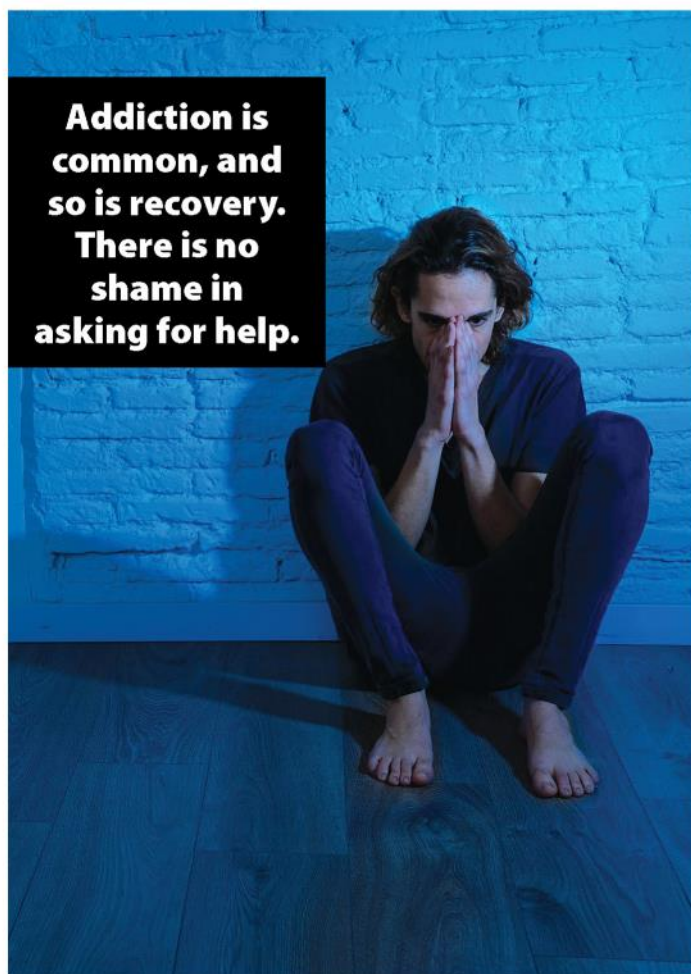
The good news, according to the latest U.S. National Survey on Drug Use and Health, is more than 75% of people addicted to alcohol or drugs recover. That means their condition improves and substance use no longer dominates their life. Through Recovery Month, people become more aware and able to encourage those in need to seek recovery services for help. Addiction occurs far more often and in many more people than some might realize, especially after two years of a pandemic. Addiction is common, and so is recovery. There is no shame in asking for help.

## 988 Suicide and Crisis Lifeline

People can call or text 988. The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

## KY Help Call Center: (833) 859-4357

Individuals seeking treatment for themselves or others — as well as family members who have questions or are in need of support — can call toll-free and speak with a specialist about available treatment services most relevant to their needs.



The Call Center is manned Monday through Friday from 8:30 a.m. to 5:30 p.m. (EDT). During nonbusiness hours callers may leave their name and contact number and a specialist will be in touch.

### SOURCES:

- Czeisler M. É., Lane R. I., Petrosky E., et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep* 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>.
- [https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20\(Recovery%20Month,nation%20who%20make%20recovery%20in](https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20(Recovery%20Month,nation%20who%20make%20recovery%20in)
- [https://www.samhsa.gov/data/sites/default/files/reports/rpt32834/Kentucky-BH-Barometer\\_Volume6.pdf](https://www.samhsa.gov/data/sites/default/files/reports/rpt32834/Kentucky-BH-Barometer_Volume6.pdf)

ADULT  
**HEALTH BULLETIN**

**Written by:**  
Dr. Natalie Jones, MPH, DrPH  
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**Stock images:**  
123RF.com, Adobe Stock



2022



University of Kentucky  
College of Agriculture,  
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Cooperative Extension Service

# ARTHRITIS

## Arthritis Foundation Exercise Program (AFEP)

This Program is a low-impact recreational exercise program and incorporates a brief educational component.

**Registration is required;** call the Campbell County Cooperative Extension Service at **859-572-2600** or online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu)

**10:00 a.m. to 11:00 a.m.**



### Objectives:

#### To improve:

- Functional ability
- Self-confidence
- Self-care
- Mobility
- Muscle strength
- Coordination

#### To reduce:

- Fatigue
- Pain
- Stiffness



### Class Schedule:

- Wednesday, October 5
- Friday October 7
- Tuesday October 11
- Thursday, October 13
- Wednesday October 19
- Friday, October 21
- Tuesday, October 25
- Thursday, October 27



**Instructor:** Kate Thompson, Family and Consumer Sciences Agent

Kate is an AFEP Arthritis Foundation Program Leader and is trained to lead community-based group exercise classes designed specifically for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions. The Arthritis Foundation Exercise Program is a structured group exercise class.

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4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

Sponsored by the Northern Kentucky Area  
Extension Homemakers



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# ESSENTIAL INGREDIENTS

*Baking up Leadership*

Tuesday, August 30, 2022  
1:00pm

Boone County Extension Enrichment Center  
1824 Patrick Drive  
Burlington, KY 41005

*Registration  
is limited!*

Learn about...

- Baking ingredients and leadership basics
- Serving others and baking for furry friends
- Essential tools for baking and organization success
- Evaluating baked products and organizations



Register by August 19th  
by calling (859) 356-3155  
or visit

[kenton.ca.uky.edu/content/line-class-registration](https://kenton.ca.uky.edu/content/line-class-registration)  
to register online

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NKY Homemakers



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# Triennial Meeting

*Homemakers have you covered...*

**October 12, 2022**

Cultural Arts: 8:30-10am ♦ Program begins: 10am

**Registration deadline:  
September 23rd**

**\$20.00—Check Payable to:**  
Campbell County Extension  
Homemakers Association

**Mail to:**  
Mary Lou Vogel  
P.O. Box 6  
Silver Grove, KY 41085

**Event Location:**

**Receptions Event Center**  
1379 Donaldson Hwy  
Erlanger, KY 41018

**Questions?**

Kathy Byrnes: 859-356-3155  
kathy.byrnes@uky.edu

**Menu:**

Chicken Parmesan with Mostaccioli  
Southern Style Green Beans

Roasted Red Skin Potatoes  
Tossed Salad with Dressing

Dinner Rolls and Dessert  
Coffee, Iced Tea, Sodas

**Guest Speaker: Rebekka Seigel**  
*"Narrative Quilts"*



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Family and Consumer Sciences  
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# Festive Fundays

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

**\*Registration is required\***

**\*Space is limited\***

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

Fall '22: **October 4**

Winter '22: **December 15**

Spring '23: **March 23**

Summer '23: **June 8**

**1:30-2:30pm**



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

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# Gift Wrapping 101



With

**Boone County & Campbell County Cooperative Extensions**

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

## **Boone County Enrichment Center**

**November 29**

**6:00 p.m.**



1824 Patrick Drive  
Burlington, KY 41005

**\*Registration Required\***

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



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# OPEN HOUSE



## Discover Extension

**Saturday**

**September 10, 2022**

**10:00 am - 2:00 pm**

### **Activities for Everyone!**

- Tour the Beautiful Garden
- Activities for Children
- Complimentary Gifts
- Farm Animals on Display
- Educational Demonstrations
- Food and Drinks Available



## **COMMUNITY! CELEBRATION!**

Campbell County Cooperative Extension Service



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*Save  
The Date!*

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859-572-2600