



Extension Volunteer of the Year for Family & Consumer Sciences for 2021



Mike Belcuore, *Manager Driver Education from AAA Club Alliance Inc.* was named the Outstanding Extension Volunteer of the Year for Family & Consumer Sciences for 2021. He was recognized at the Campbell County Extension Council and was presented his award by Ronda Rex, Agent for Family & Consumer Sciences Education. Ronda and Mike have been collaborating for about 4 years focusing on the In the Driver's Seat Program, which is a court-mandated, restorative justice program which is also in collaboration the Judge Karen Thomas from the Campbell County Court System.

Mike is a 2001 graduate of the University of Cincinnati with a Bachelor of Science in Education. For the last 8 ½ years he has been the Manager of Driver

Education for AAA in the Cincinnati and Miami Valley regions. In his role Mike oversees a novice driver training school, an adult remedial program and an online novice driver training school. He also works with communities promoting Driver safety and education through giving presentations and participating in other community outreach programs. What he enjoys most about his role is educating novice and experienced drivers to help make the region's roads safer for everyone. He believes that in his presenting and teaching, that if even one driver remembers something he said and it helps them make a safe choice then he has succeeded. Working with the *In the Driver's Seat* program has allowed him to leverage this belief. He enjoys talking with those students about the choices they make on the road and the consequences that those choices may have. He hopes that his talks have helped the students realize the responsibility they have while driving and has helped them make safer choices. Thank you, Mike, for all that you do for the Campbell County Cooperative Extension Service and the N. KY/ Greater Cincinnati area.

Preparing for tax season is half the battle

Source: Nichole Huff, extension specialist for family resource management



[image](#)

Now is the time when we start thinking about filing our income taxes from the previous year. Even though it's an annual event, it can cause anxiety for many, especially in light of pandemic-related circumstances. By preparing now, you can ease the process for yourself and your tax preparer.

Begin by gathering the necessary forms including your Social Security number and that of your spouse if filing jointly, plus the number(s) of your dependent(s). In addition to your W-2 or like form, you want to include information about any interest you earned from savings accounts, stocks, mutual funds and virtual currency transactions, as these are also taxable. You will need to gather other 1099 forms from any earned compensation, including unemployment

(continued on page 4)

**Next Homemaker
Council Meeting
March 17, 2022
10:00 a.m.**

Join us for the Campbell County meeting in-person, or on Zoom, please contact Kate Thompson at katevaught@uky.edu in advance so the Zoom link

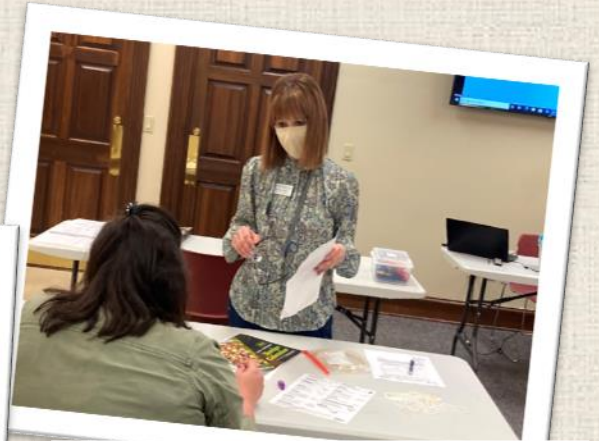
Valley Homemakers

Valley will meet again in **March on Tuesday, March 8, 2022 at 10:00 am.** at the **Campbell County Extension Office.** This month, we will be learning how to do Pin Weaving. The class will be taught by Jennifer Duvall. If you want to learn a new craft or want to spend time with a wonderful group of ladies, please come and join us. Don't forget to bring back your blessing bag for homeless women. If you didn't get a bag, and you want to make a donation, bring something that would be useful for homeless women. The **April Valley meeting** will be **Tuesday April 12 at 10:00 am.**



The Campbell County Homemakers helped the 4-H Cloverbuds make cards for the military. Thank you Campbell County Homemakers for providing cards for the youth to decorate and sending them to spread kindness

What's Happening



Two embroidery classes were taught in collaboration with and at the Ft Thomas Library. Ronda Rex taught basic embroidery stitches which enabled participants to practice their stitches and complete a stamped embroidery pattern.



The Campbell County Homemaker's bookmark project.

Preparing for tax season is half the battle

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compensation, pension distributions, annuity or retirement plan, or contract employment.

Depending on your circumstances, additional forms you may need for 2022 include Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance premium tax credits for coverage, Letter 6419 to reconcile your 2021 advance Child Tax Credit payments, and Letter 6475 that details your 2021 Economic Impact Payment to determine whether you are eligible to claim the Recovery Rebate Credit.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should have a 1098 form from your lender specifying how much interest you paid in the last year.

Your goal should be to break even at tax time, which means you don't receive a big refund from the state or federal government or you don't have to write a big check to either or both.

Every year, thousands of taxpayers get refunds. While some consider overpaying in taxes on their paycheck a form of forced savings, you may want to consider how you could use this money throughout the year. The extra money could help you with such things as building your personal savings or emergency fund, making an extra house payment or paying off debt. To change your tax withholding, you will need to file a new W-4 form with your employer.

If you expect a refund this year, know that different factors may impact when you receive your

return. The IRS issues most refunds in under 21 days, however the IRS cautions taxpayers not to rely on receiving a refund by a certain date, especially when making major purchases or paying bills. Returns that require additional review can

**2022
Tax Day
Monday, April 18**

take longer, especially in light of the record number of identity theft and refund fraud brought about by the pandemic. Further, by law refunds for people claiming the Earned Income Tax Credit (EITC) or Additional Child Tax Credit (ACTC) can't be issued before mid-February.

Other reasons for delay include returns that require manual review due to possible error, missing information, or suspected identity theft or fraud.

To receive your refund quickly, file your taxes electronically as early as possible and have it deposited directly into your checking account.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer. This will allow more money to be taken out of your check throughout the year, so you're not hit with a big payment next year.

For Kentucky victims of severe storms, straight-line winds, flooding and tornadoes in 2021, you may be eligible for Tax Disaster Relief from the IRS. To learn if you qualify, visit <https://www.irs.gov/newsroom/irs-announces-tax-relief-for-kentucky-victims-of-severe-storms-straight-line-winds-flooding-and-tornadoes>.

For general information on filing taxes this year, visit <https://www.irs.gov/newsroom/top-5-things-to-remember-when-filing-income-tax-returns-in-2022>.

To get more information on family financial topics, contact the Campbell County Extension office of the University of Kentucky Cooperative Extension Service.



Ronda Rex

Campbell County Extension Agent for
Family and Consumer Sciences



Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

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DIABETES

education

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



The more you know...

PRE-DIABETES AND DIABETES PREVENTION

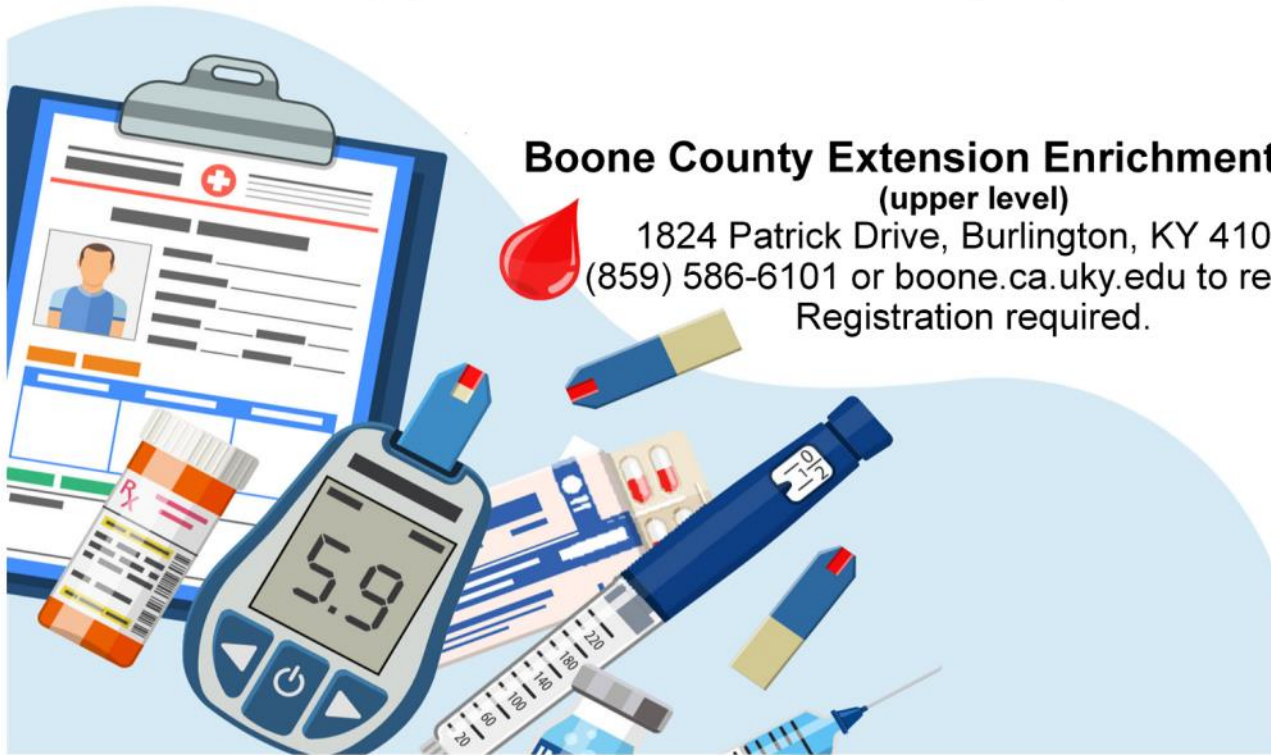
TUE, 3/1, 1:00-3:30 PM.

Are you at risk for diabetes or been told you have pre-diabetes? Attend this session learn about the condition and steps to take to prevent it. Program presented by Julie Shapero, RDN, LD, LDE and Paula Bergen, RN, CDCES both diabetes professionals.

DIABETES BASICS

TUE, 3/15, 1:00-3:30 PM.

Learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste or two of diabetes-friendly recipes.



Boone County Extension Enrichment Center (upper level)

1824 Patrick Drive, Burlington, KY 41005
(859) 586-6101 or boone.ca.uky.edu to register
Registration required.

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Cultural COOK ALONG

COOPERATIVE EXTENSION


 University of
Kentucky
 College of Agriculture,
 Food and Environment



Germany

February 17, 2022, 6:30 p.m., via Zoom

The Northern Kentucky area has a strong influence from the many German ancestors that settled here.

Learn how Germany inspired many of our foods, traditions, and families.



Ireland

March 17, 2022, 6:30 p.m., via Zoom

The luck of the Irish! Join us as we look for our pot of gold and discover some myths, facts, foods and cultural habits that we still celebrate today.



Greece

April 21, 2022, 6:30 p.m., via Zoom

With more than 2,000 islands and ancient history, Greece is a fascinating country and culture. Cook along to prepare a traditional Ikarian stew. Ikaria is home to a Blue Zone.

Register for any or all of the sessions to cook along from home (via Zoom). Each month will feature a different recipe and information about the featured culture. Registration required. Supply and ingredient lists and other special instructions will be sent via e-mail about a week prior to the program.

REGISTER: (859) 654-3395 or pendleton.ca.uky.edu

Registration close 10 days prior to the day of the session.

Via Zoom: The link will be shared the day prior to and the day of the session.

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Pendleton, Kenton and Boone County Extension presenting

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

ADULT HEALTH BULLETIN



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

THIS MONTH'S TOPIC:

CELEBRATE DIVERSITY THROUGH FOOD



National Nutrition Month® is an annual campaign created by The Academy of Nutrition and Dietetics that is celebrated during March. This year's theme is to celebrate a world of flavors, embracing global cultures, cuisines, and inclusivity.

Food is an important part of culture and can provide a connection to a person's family or country. Food also feeds the soul. For example, our comfort foods often show who we are and where we come from since they are rooted in tradition. Every single culture and religion uses food as part of their celebrations because food brings people together. Sharing meals, exchanging recipes, and posting photos of food are all different ways that food brings people together.

Continued on the back →



Be adventurous and try something new! It's a great way to add more nutrition and variety to your diet.



Around the world, the core elements that make up a healthy dietary pattern include the same things we see on the USDA's MyPlate plan.

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Food operates as an expression of cultural identity. Immigrants bring the food of their countries with them and cook traditional food as a way to preserve their culture. Different cultures tend to use ingredients including fruits, vegetables, herbs, spices, and preparation techniques that might be new to us. Trying foods you aren't familiar with from other cultures can be a way to respectfully learn, experience, and celebrate different traditions.

Around the world, the core elements that make up a healthy dietary pattern include the same things we see on the USDA's MyPlate plan:

- Vegetables of all types — dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils;

- and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts

There is no one-size-fits-all approach to nutrition and health. You can tailor the dietary guidelines to meet your personal, cultural, and traditional preferences. We are all unique with different backgrounds and tastes. Be adventurous this month and try something new! It's a great way to add more nutrition and variety to your diet.

RESOURCES:

- <https://www.eatrightpro.org/media/press-releases/national-nutrition-month/celebrate-a-world-of-flavors-during-national-nutrition-month-2022>
- <http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3631/FCS3631.pdf>
- https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_ExecutiveSummary_English.pdf

**ADULT
HEALTH BULLETIN**

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com





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

HOMEBASED MICROPROCESSING WORKSHOP 2022

Friday, April 15th
9:30AM-2:00PM
In-person

**PENDLETON COUNTY COOPERATIVE
EXTENSION SERVICE**

For more information and to register call 859-654-3395 or visit
https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing

Join our in-person workshop! Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.

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10 WARNING SIGNS OF ALZHEIMER'S

An Alzheimer's Association program
presented by The University of Kentucky
Family and Consumer Sciences Extension

Campbell County Extension



Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:

- » Typical age-related changes.
- » Common warning signs of Alzheimer's.
- » How to approach someone about memory concerns.
- » Early detection, the benefits of a diagnosis and the diagnostic process.
- » Alzheimer's Association resources.

March 7, 2022

1:30 p.m. (or) 5:30 p.m.

Registration:

Call 859-572-2600

Location:

Campbell County Extension
3500 Alexandria Pike
Highland Heights, KY 41076

Visit alz.org and <http://fcs-hes.ca.uky.edu>
to explore additional education programs.

alzheimer's  association®



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FlowerBuds



Face Shape and Hair Care

When selecting a hair style, consider the shape of your face. What style will compliment that shape?
What attributes do you want to emphasize?

Face Shapes

Hair stylists categorize face shapes as oval, round, rectangular, pear, heart, diamond, or square. Hair styles should balance the face and create pleasing proportions in length and width.

Face Shape and Hair Care

When selecting a hair style, consider the shape of your face.
What style will compliment that shape?
What attributes do you want to emphasize?

Oval shaped faces are 1.5 times longer than they are wide. Facial features are well balanced, with chin and forehead in proportion. Almost any hair style will compliment an oval face. Avoid styles that add height to the top of the head.



Oval

Round faces are as wide as they are long, causing the cheeks to appear full. To create a more oval shape, the hair style should add height to the top of the head while minimizing the width at the sides.



Round

Take time to select a hair stylist who considers your face shape, personal characteristics, and lifestyle.

Rectangular faces are longer than they are wide, with square chins and hairlines. The face is often narrow, and the jaw line is usually strong. Hairstyles need to create width. This width can be accomplished with bangs, chin-length bobs, or fringed layers around face. Avoid extremely short or extremely long styles.



Rectangular

Pear-shaped faces have narrow foreheads, wide jaw lines, and rounded chins. Hair styles should add width at the temple and forehead. Long layers at the crown create a good shape. Avoid short blunt cuts.



Pear-shaped

Heart-shaped faces are widest at the temple and narrowest at the chin. The chin is usually small and delicate. Hairstyles that create width at the jaw line are complimentary. Side sweeping bangs draw attention to the eyes and cheekbones. A hair style with light fringe around the brow and a strong part work well.



Heart-shaped

Diamond-shaped faces are wide at the cheekbone and narrow at the forehead, chin, and jaw. Hair styles should create width at the forehead while minimizing width of the cheekbones.



Diamond-shaped

Square faces have square jaw and hair lines. The face tends to be fuller on the sides. Hairstyles should elongate the face. Wispy layers around the face will soften features and reduce roundness. Short spiky hair styles and long sleek hair styles compliment the square face.



Square

Several internet sites provide virtual hair styling for a fee. The cost varies according to the type of service provided. Some sites will ask you to describe your face shape, type of hair, color, age and lifestyle while others ask you to upload a photograph of yourself.

Many hair stylists are adept at cutting and styling hair becoming to your face shape, playing on your good features. Take time to select a hair stylist who considers your face shape, personal characteristics, and lifestyle. Your stylist can help you decide on the best style for your type and texture of hair; the amount of time you have available for styling; and the amount of money you can spend for products and maintenance.

References

Hirsch, L. (2008). Teens health: hair removal. Retrieved from <http://www.kidshealth.org> on January 25, 2008.

Mitchell, J.L. & Fairley, J. (2008). A Dermatologist comments on hair removal methods: Health Links Medical College of Wisconsin. Retrieved from <http://healthlink.mcw.edu/article/1031002546.html> on July 8, 2008.

Nissl, J. (2007). Scalp problems. Retrieved from <http://www.revolutionhealth.com/conditions/skin/hair-care/scalp/problems> on July 8, 2008.

Northern KY



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

Area Homemaker Leadership Training

March 22, 2022

Snow Date: March 29, 2022

6:00 pm

Light refreshments provided

Grant County Extension Office

105 Baton Rouge Road
Williamstown, KY 41097

RSVP to (502) 484-5703 by Friday, March 18th

Topics to cover include:

- *Round table discussions with chairmen
- * Officer presentations
- * Power of Motivation
- * Communication Essentials
- * Leadership Characteristics
- * Basics of Teamwork

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Estate Planning Part 5: Wills and Probate in Kentucky

Nichole Huff and Jennifer Hunter, Family and Consumer Sciences

What Is a Will?

A will is a legal document that provides instructions to be carried out after your death.

Why Should You Have a Will?

Unless you have made other provisions, such as a trust, your will is the way to make certain that your property is transferred or disposed of according to your wishes.

Your will is also the document that allows you to designate who will be responsible for seeing that your wishes are carried out. This person is known as the executor of your estate.

If you fail to make a will or some other legal document for the transfer of your property, Kentucky law will determine how your assets are transferred.

If you take the time to prepare a legal will, it can save your estate money after your death, which means more assets will be available to pass on to your heirs. A legal will also saves time in settling your estate. In general, everything is easier and smoother for your heirs with a will.

Your will is also the document that is used to nominate a person to be appointed the guardian of your choice if you have minor children (children under 18). In most cases, the courts will appoint the person whom you nominated. The person you nominated may not be capable of being guardian because of their own death or mental incapacity. In those cases, the court would appoint another person to be your child's guardian. This happens most often when you name the



grandparents as guardians and forget to update your will when they die or when they become mentally or physically unable to carry out guardian responsibilities.

Do not assume that your spouse will automatically be the guardian of your minor children. If you and your spouse die at the same time — as the result of a common accident, for example — neither of you would be available to be the children's guardian. It is good to name a guardian in case neither of you survives the other. Another good idea is to name a second, alternative guardian in the event your first

What Happens If I Die without a Valid Will?

If you die without a valid will, your estate is known as an intestate estate. In that case, the Kentucky laws of distribution would govern

Without advance thought, planning, and the proper legal documentation, your estate could end up paying more money than necessary in taxes to the state and federal governments.

the distribution of your assets. The courts would also choose a guardian for your minor children and determine the executor of your estate. The court choices may or may not be your choices.

Under Kentucky law, if you die without a will, any property that passes through probate will be

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Figure 1. Property distribution for a person **with a surviving spouse** who dies without a will in Kentucky.

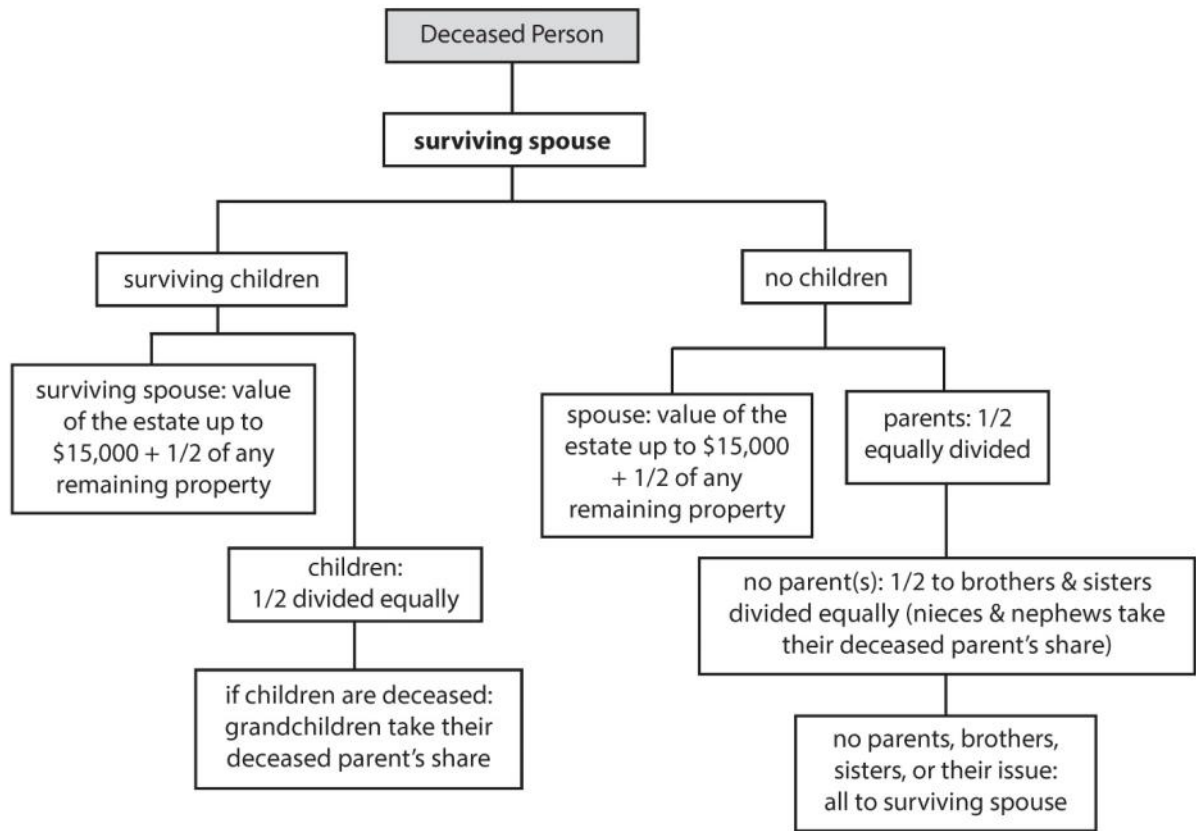
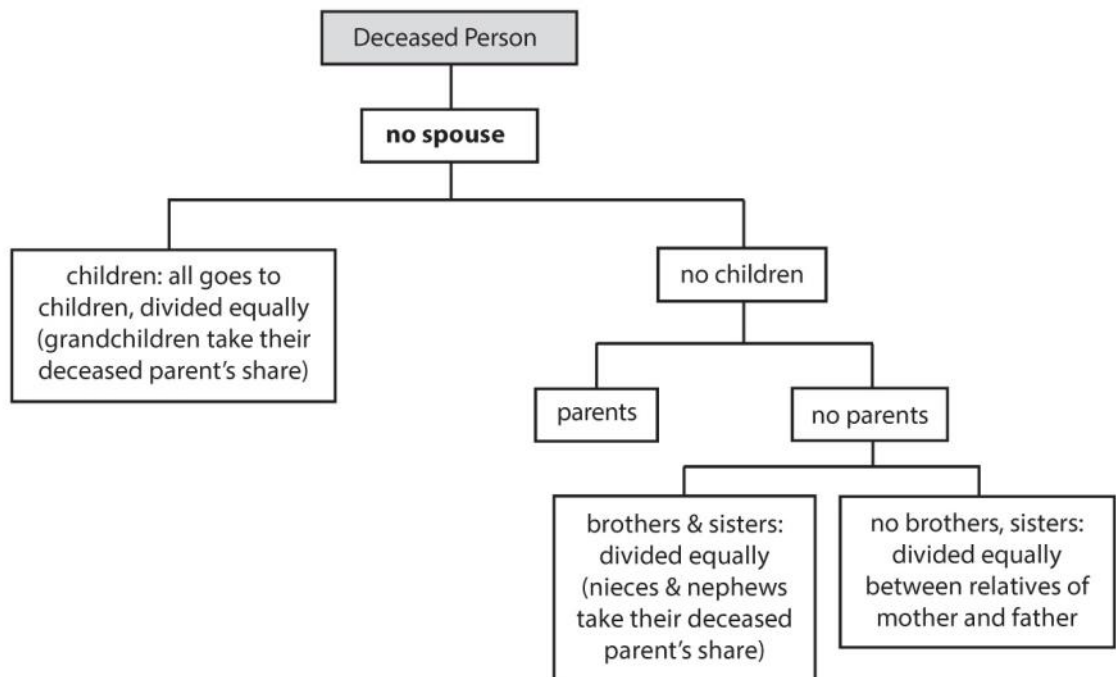


Figure 2. Property distribution for a person **with no spouse** who dies without a will in Kentucky.



distributed as shown in figures 1 and 2. The results could leave your spouse and/or children with few resources available to provide for their support and day-to-day living expenses.

Without advance thought, planning, and the proper legal documentation, your estate could end up paying more money than necessary in taxes to the state and federal governments.

What Is a Valid Will?

In Kentucky you must be 18 years old to make a will. (However, parents who are under 18 may have a legal document designating a guardian for their child or children.)

The law also requires that the person making the will be of sound mind. The definition of sound mind is broadly interpreted. Basically, it means that the person knows:

- They are making a will
- The general nature of their property and how much property they have
- The names of descendants or other relatives who would ordinarily be expected to share in the estate

A Kentucky will must be signed by two witnesses. The witnesses cannot be people who are beneficiaries of the will or whose spouses are beneficiaries of the will. The wrong witnesses can make a will invalid and change the amount received by beneficiaries.

Can You Write Your Own Will?

In Kentucky you can write a will in your own handwriting. This type of will is known as a holographic will. If you make this kind of will, the entire will needs to be handwritten by

you. It must be signed and dated by you as well. Under Kentucky law, you do not need any witnesses for a will made in your handwriting.

However, after your death, someone will have to testify that they are familiar with your handwriting and that the will is in your handwriting.

Handwritten joint wills are invalid because they are written in more than one handwriting.

If you prepare your own will and type it, it must be signed by at least two witnesses. If you choose this method of making a will, be sure that you know what needs to be included to make it legal. Also be sure that the witnesses are valid witnesses.

It is a good idea to consult an attorney about any will you write yourself. The attorney can assist in making sure your will is legally admissible for probate. You should consult an attorney even if you have written a will for a small estate. An attorney can save money at the time of your death and also prevent problems for probate. An improperly handwritten will is invalid, and an estate under such a will would fall under the intestate laws for distribution.

What Assets Can Be Mentioned in a Will?

You can be as specific as you want in your will. However, most people keep their wills simple. Some of your assets, such as life insurance policies and pension funds, may already have a beneficiary named and therefore do not need to be mentioned in your will. Bank accounts that are held jointly with rights of survivorship also fall in this category.

Some people designate their estates as the beneficiary of their life insurance policies. In such cases, the policy proceeds would be included in the assets disposed of by the will. Under most circumstances, it is not good tax planning to make the estate the beneficiary of life insurance policies or pension funds. Check with your attorney about this when considering beneficiary selection.

It is a good idea to review who is designated as a beneficiary on your insurance policies and pension funds. Contact your insurance and pension representatives to find out. Companies can provide forms for changing the beneficiary. Often people fail to change the beneficiary when a spouse or other designated beneficiary dies. If you fail to keep the designated beneficiary updated, at the time of your death the assets could go to someone you no longer want to have them. You will also want to review your beneficiary designation in case of divorce.

Property and assets already placed in a trust are not always mentioned in a will because the beneficiary of a trust is designated by the trust document and does not come under the authority of a will. If the trust terminates at your death, the property of the trust should be mentioned in the will. If you have a trust already in place, clarify how it should be handled in relation to your will with the attorney who assists you in preparing your will and/or trust documents.

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Can a Will Be Changed?

Yes. It is a good idea to review your will from time to time and make changes as necessary. Some events during your lifetime may invalidate your will and make it necessary to make changes in it. These events include:

- Marriage, remarriage, or divorce
- Birth of a child
- Move to another state
- Acquisition of additional assets
- Changes in federal and state laws

Some people choose to make amendments to the original will instead of rewriting the entire will. Your attorney can advise you on the best way to handle the changes you need to make in your will.

What Is the Cost of Preparing a Will?

Some attorneys charge a flat fee for preparing a will, and other attorneys have an hourly fee, with the charge based on the time it takes to advise you and prepare your will. When you first contact your attorney, ask what method they use to determine the cost of helping you.

If your attorney charges by the hour, find ways to reduce the time they need to spend with you. Do your homework before you visit the attorney to save yourself time and money. This means knowing your assets, liabilities, and estate goals before you go.

What Is Probate?

The word probate means to prove the will. In other words, it is the process of proving that the will of the deceased person is a valid or legal will. The probate process also includes the carrying out of the wishes of the deceased as specified by the will.

Are There Alternatives to Having a Will?

Many people choose to have a trust instead of a will. The details of trusts are provided in the publication Estate Planning Part 6: Trusts (FCS 5-426) in this series. Check with an attorney to determine if this alternative is an advantage for you.

Remember that a will takes effect at your death. It does not provide for the management of your assets and resources if you become disabled (by stroke, for example) and are

unable to take care of your own business transactions while you are living. You need a durable or springing power of attorney for such situations.

The Estate Planning Series

This publication is part of a ten-part series on estate planning. The publications in this series are:

Part 1: **Getting Started (FCS5-420)**

Part 2: **Your Records and Personal Information (FCS5-422)**

Part 3: **Selecting Your Team (FCS5-423)**

Part 4: **Financial Planners (FCS5-424)**

Part 5: **Wills and Probate in Kentucky (FCS5-425)**

Part 6: **Trusts (FCS5-426)**

Part 7: **Federal and State Estate Taxes (FCS5-427)**

Part 8: **Planning Your Digital Estate (FCS5-465)**

Part 9: **How to Settle an Estate (FCS5-436)**

Part 10: **A Glossary of Terms (FCS5-428)**

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FAMILY AND CONSUMER SCIENCES





Healthy Relationships: Dealing with Grief Triggers



Grief is the complex reaction to loss that can often be intense and overwhelming (DeSpelder & Strickland, 2020; Mayo Clinic, 2020a). Although the experience of grief is unique to each person, it can often be an emotionally, physically, and spiritually taxing experience (DeSpelder & Strickland, 2020). Each year, a flood of emotions may arise when we remember our loved ones on their birthdays or special anniversaries such as marriage anniversaries or the anniversary of the loss.

But reminders of someone you love move beyond dates — triggers of loved ones are everywhere, including smells, sights, songs, traditions, other people's deaths, even new events that you think your loved would

have enjoyed can trigger a grief reaction (Mayo Clinic, 2020). These reminders, and the emotions and feelings that wash over you, may pop up unexpectedly, and they can occur years after a death. Your grief may pass quickly or it may linger for days or longer (Mayo Clinic, 2018). According to the Mayo Clinic (2018), the wave of emotion you feel is not a sign of weakness or a setback in the grieving process, but a "reflection that your loved one's life was important to you." To help you cope with grief triggers, in can be helpful to:

- Prepare and plan. Turn dates into celebrations or a day for healing or surround yourself with distractions in anticipation of a difficult anniversary.

- Permit yourself to feel the emotions. It is OK to allow yourself to laugh and cry.
- Reflect on your memories. Tell stories, write, or speak about your loved one in ways most comfortable to you.
- Create a tradition surrounding the trigger. Use the date for a special remembrance or celebration.
- Reach out for support. Don't go through grief alone. Reach out to friends, family, professionals, and/or support groups.
- Volunteer your time to a cause to commemorate your loved one. Connect to a specific cause or organization meaningful to you and/or your loved one.

**The Campbell County Homemakers to host
Ladies Just Wanna Have FUN Day!**



Save the Date!

*Work on sewing, knitting,
scrapbooking, reading, card making,
organizing pictures,
recipes or just enjoy sitting and
talking with old or new friends!*

Saturday, April 23, 2022

9 a.m. to 5 p.m.

Cost for Members \$15 or Non-Members \$20 includes 2022 membership.

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

We will provide light prepackaged snacks and drinks. Lunch on your own.

For info, call Barb 859-448-9012 and leave a message or

E-mail: cchomemakerevents@gmail.com

Name _____
Address _____
Phone _____
Email _____

**All reservations need to be in by
April 20th Make checks payable to:
Campbell County Homemakers**

Send Registration form and payment to: Mary Lou Vogel
P.O. Box 6
Silver Grove, KY 41085

**For setup purposes,
please indicate**

I will be sewing.
 I will be crafting.
 I need access to electricity.

