



Prevent Dry Skin in the Winter

Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.

Use creams instead of lotion, particularly on skin that is commonly exposed to the outdoor elements such your face or hands.

Creams are thicker and provide a better barrier between skin and harsh weather conditions.

Avoid skin and hair products with fragrance. Many products that include synthetic fragrance can cause irritation and make itching worse when skin is already raw or inflamed.

Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can be additionally drying to your skin, compounding the problem.

Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter



weather can trigger underlying skin conditions that need professional care and prescription treatment.

Reference: <https://www.aad.org/public/everyday-care/skin-care-basics/care/winter-skin-survival-kit>

YOUR WINTER SKIN SURVIVAL KIT

As temperatures dip, check your products for these skin-saving ingredients

Cold air outside, hot air inside, and dry air everywhere can disrupt the skin's barrier in the winter. And that can mean dry, itchy skin for everyone, but especially for those who deal with conditions like eczema and psoriasis.

Here are some products that can help your skin look and feel its best throughout the colder months. Some of the ingredients are tried-and-true skin superstars, while others are relatively new additions to the winter skin care arsenal.

Facial cleanser

"You want to make sure your cleanser puts moisture into the skin, rather than taking it out,"

says Joyce Davis, MD, FAAD, a board-certified dermatologist practicing in New York City.

Look for: Products that specifically say "gentle" and "moisturizing" on the label. Avoid products that contain alcohol, as these can dry your skin.

Body cleanser

Your skin below your neck needs just as much care as your face.

Look for: Cleansers—liquid, gel, or mousse—the creamier the better. "Also look for products labeled 'fragrance-free,'" advises Benjamin Barankin, MD, FAAD, a board-certified dermatologist in Toronto.

(continued on page 3)



LOOKING AHEAD...

Date	Event
February 6 11:00 a.m.	Lunch Bunch — Carrabba's Italian Grill 2899 Dixie Hwy, Crestview Hills, KY 41017 — Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:30 to car pool.
February 13 1:00 - 3:00 p.m.	Valley Homemakers Self-Care Activity - Tea Towels Call Susan Davis to register — 859-652-1505 or susdavis4@gmail.com Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
March 5 11:00 a.m.	Lunch Bunch — Outback Steakhouse 7731 Five Mile Rd, Cincinnati, OH 45230 (Right across the river) - Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:30 to car pool.
March 6 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
March 12 1:00 - 3:00 p.m.	Valley Homemakers Meeting — Room C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
April 5 10:00 a.m.	Homemakers Annual Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076

Kate Vaughn Thompson

Kate Vaughn Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

Katrina Harney

Campbell County Extension
Assistant for
Family and Consumer Sciences

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**Lunch
Bunch**



Tuesday, February 6, 2024

Carrabba's Italian Grill

11:00 a.m.

2899 Dixie Hwy, Crestview Hills, KY 41017

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

859-816-8707

Text Marcia if you would like to meet at Extension
Office and carpool. We will leave at 10:30 a.m.

YOUR WINTER SKIN SURVIVAL KIT

(continued from page 1)

For patients with eczema, Dr. Davis says products that contain petrolatum, shea butter, and silicones are good choices.

Facial moisturizer

Lighter lotions may not be enough to protect your skin from the elements in colder, drier climates.

Look for: Creams, oils, or balms. "Hyaluronic acid is popular lately," says Robert Anolik, MD, FAAD, a board-certified dermatologist in private practice in New York City. This ingredient is moisturizing rather than exfoliating, like other acids such as glycolic or salicylic acid. "Jojoba oil is another good hydrating ingredient. Notably, some lactic acid moisturizers are able to walk the fine line of exfoliating dry, flaky skin while helping to maintain skin hydration."

Body moisturizer

Moisturizing your body while your skin is still damp after a shower or bath is an effective way to keep skin hydrated. This is because moisturizer traps existing moisture in skin. Why not use the same moisturizer on your face and body? Facial skin is thinner and more sensitive, so many face moisturizers are designed to be a bit thinner and less likely to cause acne. They may also have more expensive anti-aging ingredients added to them. Keep in mind that more expensive skin care products are not necessarily more effective.

Look for: Ointments and creams that you squeeze from a tube or scoop from a tub, as opposed to ones you pump from a bottle, as thicker formulations typically pack more moisture. Hyaluronic acid is recommended, because it works as well for the body as it does for the face. "Using hyaluronic acid in body



products is new," says Dr. Davis. "Hyaluronic acid absorbs 1,000 times its weight in water, but until recently it was primarily used in products for the face." Other ingredients that work well for dry skin are glycerin, lanolin, mineral oil, petrolatum, and shea butter.

Rejuvenating products

Many dermatologists recommend minimizing the use of products containing anti-aging ingredients such as glycolic acid, salicylic acid, or retinol in winter. "You can use them less often, or at a lower concentration," says Dr. Barankin.

Look for: Products or brands you like with a lower concentration of harsh ingredients. "If you use prescription retinoids regularly, but find them too drying in the winter, you can consider over-the-counter retinols before

going back to your prescription in the spring," suggests Dr. Anolik.

Sunscreen

Yes, you should be wearing sunscreen year-round on areas not covered by clothing, like the face, neck, ears, and hands.

Look for: More moisturizing sunscreen products, such as creams instead of lotions or sprays. "Or use a moisturizer and then apply sunscreen on top," recommends Dr. Barankin. Your sunscreen should offer broad-spectrum protection, water resistance, and have an SPF of at least 30. You can also protect your skin from the sun in the winter by seeking shade and donning smart accessories, such as gloves and sunglasses with UV protection.

VALLEY HOMEMAKERS

ENJOY LEARNING NEW INFORMATION AND SKILLS

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

WE MEET THE 2ND TUESDAY OF EACH MONTH

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

TIME: 10am (check newsletter)
MEETING LOCATION: Campbell County Extension Office
CONTACT: Pam Fields (503) 59-5823 (leave voicemail)

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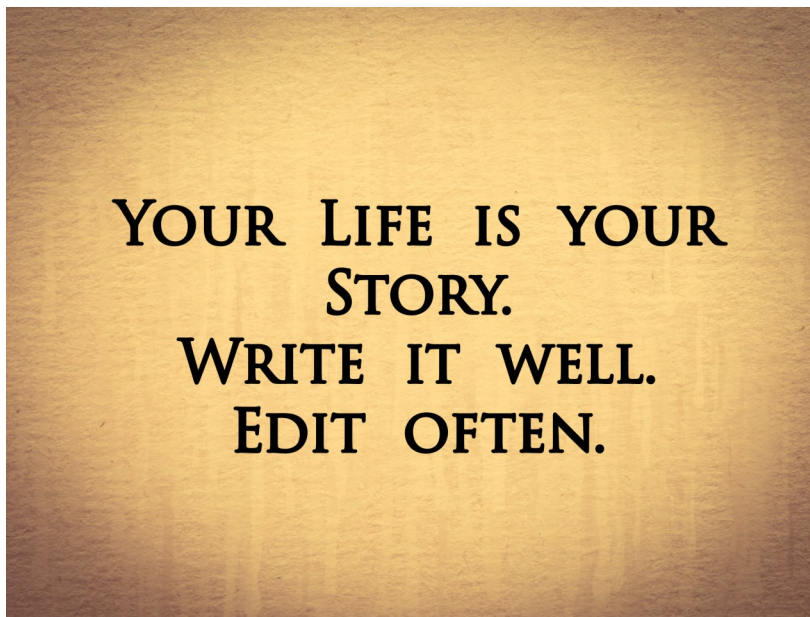
Exercising the Brain through Life Story

Source: Amy Hosier, Family Sciences; Brian Downer, Faika Zanjani, and John Watkins, Graduate Center for Gerontology

A life story is an account of the series of events and experiences that make up our life and represent who we are. Our life story is important because it helps explain who we are, where we have been, how we got there, and even where and what we will be doing in the future. Life story also contributes to brain health, as the process of documenting and sharing life story is a form of brain exercise.

Start Writing Your Life

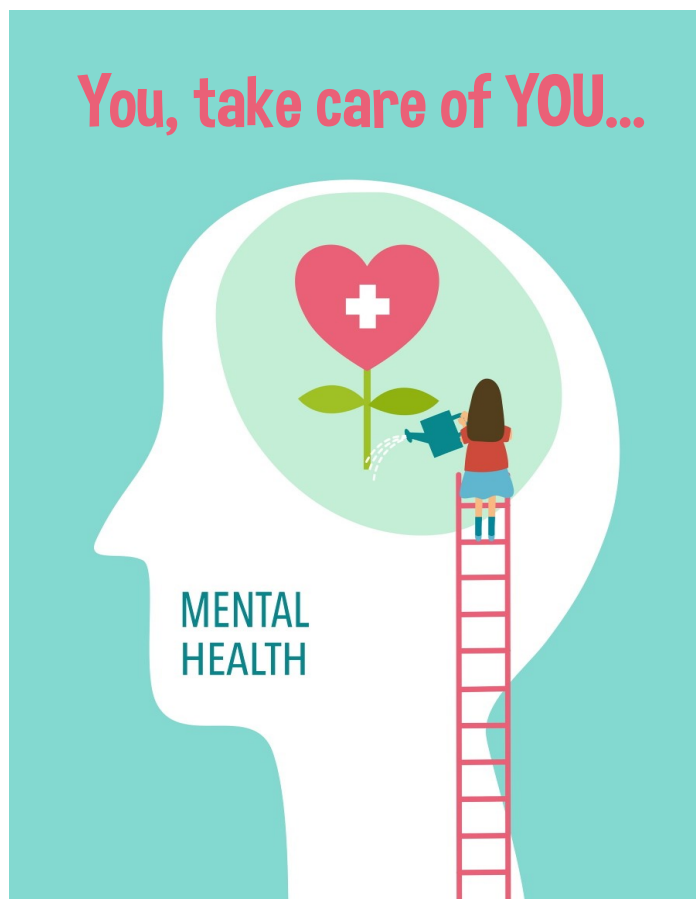
Story Today! Create a list of 10 significant life events and experiences and think about the different key life domains into which these experiences



additional memories along the life domains. Look at old photos or memorabilia and talk to family and friends to help jog memories. Write about what your memories mean to you and how they make you feel. You may want to write about your family and the way that you see them, examine the good and bad in your life, or explore the role religion or a job has played. Organize your information into life chapters—

fall— family/friends, place/ home, education, work/ volunteer, recreation/ leisure, spirituality, historical contexts, and health. Expand your list with

childhood, adolescence, young adulthood, middle adulthood and old age. Share your story with others.



CAMPBELL COUNTY HOMEMAKER MAILBOX MEMBERS

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

JOIN NOW

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

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative Extension, KY 40302



Self-Care: Taking Care of Your Mental and Physical Health

Be joyful! The sensation of joy runs happiness throughout your body. There is evidence that positivity contributes to overall happiness. Now is the time to focus on YOU!

Self-Care Activities Include:

- take a walk outside
- talk to a friend
- listen to music (or perform it)
- sing and/or dance
- play with your pet
- watch a favorite movie
- listen to comedy shows-laugh!!



Consider making a “self-care kit” for a friend- doing things for others usually helps you feel better!

To help with everyday stress, consider making a “self-care kit” for yourself.

Self-Care Kit Includes:

- stress ball
- bath bomb
- journal
- affirmation cards
- rice-filled neck warmer
- scented candle
- chocolates
- your favorite item or activity that helps you feel better



Make Self-Care your goal in 2024

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January 2024

Cooperative Extension Service

Campbell County

3500 Alexandria Pike

Highland Heights, KY 41076

859-572-2600

Fax: 859-572-2619

<http://ces.ca.uky.edu/campbell>

Dear Guidance Counselors,

The Campbell County Cooperative Extension Homemakers are again offering our Elizabeth A. Porter/Gladys M. Lickert Scholarship valued at \$500.00. Any high school **senior** who is a **Campbell County resident** and will be **attending a college or university in Kentucky** is eligible to apply.

I have enclosed several copies of the application for your students. The scholarship is based on financial need, grades, community involvement and extra curricular activities. Each applicant is required to submit:

- 1. Completed Application**
- 2. Transcript of grades**
- 3. Either ACT scores, SAT scores, or scores required by your institution of choice**
- 4. A counselor or teacher recommendation**
- 5. A 100 word letter on “Why you would like to be a recipient of this scholarship”**

All this must be mailed to our office by April 1, 2024. No application will be considered unless all the requirements are met, and no late applications will be accepted.

Personal interviews will only be held if needed and the recipient will be notified by mail. In the event that a student from your school receives the scholarship, an Extension homemaker representative would appreciate the opportunity to present it at your school’s award night.

Please encourage your students to apply. This is our way of encouraging higher education in Campbell County youth. If you have any questions, please feel free to call.

Sincerely,

KATE VAUGHN THOMPSON

Kate Thompson
Campbell County Extension Agent
for Family and Consumer Sciences



Application due April 1, 2024

ELIZABETH A. PORTER/GLADYS M. LICKERT SCHOLARSHIP Campbell County Extension Homemakers

NAME _____ AGE _____

ADDRESS _____

TELEPHONE _____ SOCIAL SECURITY # _____

EMAIL ADDRESS _____

HIGH SCHOOL ATTENDED & DATE OF GRADUATION _____

INTENDED FIELD OF STUDY _____

COMMUNITY INVOLVEMENT (add extra pages if needed)

EXTRA CURRICULAR ACTIVITIES

KENTUCKY COLLEGE YOU PLAN TO ATTEND: _____

HOW DO YOU PLAN TO FINANCE YOUR COLLEGE EDUCATION?

_____ Financial support from family
_____ Student loans
_____ Summer part-time job
_____ Scholarship
_____ Other (explain) _____

- 1) A TRANSCRIPT OF GRADES, 2) EITHER ACT SCORES, SAT SCORES, OR SCORES REQUIRED BY YOUR INSTITUTION OF CHOICE, 3) 100 WORD LETTER ON "WHY YOU WOULD LIKE TO BE A RECIPIENT OF THIS SCHOLARSHIP," AND 4) LETTER OF RECOMMENDATION.

PLEASE RETURN TO:

Kate Thompson

Campbell County Extension Agent for Family & Consumer Sciences

3500 Alexandria Pike

Highland Heights, KY 41076-1705



LAUGHTER YOGA CLASS

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

- Wear comfortable clothing
- Yoga mat not needed

April 16
1:30pm

Laughter is the best medicine!

(You will not be on the floor during this program.)

Registration is limited!

Register at

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

at the Campbell County
Cooperative Extension Office

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

*Sponsored by: The Northern Kentucky
Homemakers*



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Lexington, KY 40506



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February is Earthquake Awareness Month

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October 2023



In the Face of DISASTER

February is Earthquake Awareness Month in the United States. This month raises awareness of the dangers of earthquakes, and educates people about the steps you should take in the event of an earthquake.

Earthquakes can occur at any time with little to no warning. Before an earthquake, find places in your home, work, or school that provide protection away from windows and things that could fall on you. Think about what furniture you could shelter under to protect your head and body from falling objects. Taking preventative steps now can make your home safer for your family, such as securing tall and heavy furniture to the wall.

During an earthquake, the American Red Cross advises that you "drop, cover, and hold on." Avoid moving as much as possible and use what is around you to protect your body. If you are indoors, remain there until the shaking stops. Be aware of aftershocks, which are smaller earthquakes occurring after the first, larger earthquake. The shaking from an earthquake may cause structural damage, so avoid elevators and debris as you exit.

If you are outdoors during an earthquake, get low to the ground in an open space. Avoid structures and trees

that could fall on you. If you are in a vehicle, keep your seatbelt on and find a clear space to pull over. Do not drive away until the shaking stops. Avoid driving on roads and bridges that the earthquake may have damaged.

Following an earthquake, check yourself for injuries. Follow the instructions of local authorities and be prepared for aftershocks.

Inspect your home for damage and leave if it seems unsafe. Wear protective clothing and be cautious of other hazards, such as fallen power lines or gas leaks, or fires that may start as a result. A hissing noise may mean a broken gas line. You should exit immediately and contact the fire department if you hear a leak or smell gas.

And if you are thinking, "Earthquakes don't happen in

Kentucky," you are mistaken. According to the Kentucky Geological Survey, in 2021, a magnitude 3.1 earthquake occurred in northern Lewis County. There have been at least 77 earthquakes on record for Kentucky since 1931, with the largest occurring in Bath County in 1980 when a magnitude 5.2 earthquake caused an estimated \$3 million in damages.

References:

<https://fcs-hes.ca.uky.edu/ITFOD>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html>

<https://www.uky.edu/KGS/education/factsheet/Earthquakes.pdf>

https://www.bereadylexington.com/earthquake_awareness_month/

Crazy Quilters

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other.

Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

MEET THE 3RD MONDAY OF EACH MONTH

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

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**CAMPBELL COUNTY EXTENSION HOMEMAKERS
BURNETT BRAUN/ANNABELLE PERKINS EDUCATIONAL FUND**

1. A \$500.00 Educational Fund is available, if the budget allows, to Campbell County Extension Homemakers, including mailbox members, planning to take a course(s) to increase their knowledge and skills as specified on the application form
2. Applicants must be non-traditional students having completed high school at least 5 years prior to submitting the application.
3. Applicant must submit to an interview, if requested.
4. Application forms are available from the Executive Board of Campbell County Extension Homemakers.
5. Applications must be received by April 1 of the current year. The Educational Fund Committee will notify the recipient(s) by May 1 of the current year.
6. Applicants are encouraged to share in some fashion the knowledge they have gained from their course.

CAMPBELL COUNTY EXTENSION HOMEMAKERS
Application for BURNETT BRAUN/ANNABELLE PERKINS
Educational Fund-Application due April 1, 2024

Name _____

Home Address _____

Home Phone _____ Cell Phone _____

Email _____

College/School//Course Provider you plan to attend _____

Course - Must be a course for continuing education, or to learn a heritage art or skill such as stained glass, quilting, painting, ceramics.

QUALIFICATIONS:

Must be a Campbell County Extension Homemaker, including mailbox members.

Must be a Non-traditional student – having completed high school at least 5 years prior to application.

Applicant must submit the following:

A letter stating why you would like to be the recipient of this scholarship, including the detailed description of the course.

Copy of acceptance letter or registration verification from school or course provider, if available. If course has already been taken, proof of payment has to be submitted for reimbursement. Course must be taken or planned to be taken from July 1 -June 30 of the current homemaker program year.

Applicant must submit to an interview, if needed to make a final decision.

Recipients must submit the name and address of the educational provider.

RETURN TO: Campbell County Extension Office
Kate Thompson-Family and Consumer Sciences Agent
Attention: Burnett Braun/Annabelle Perkins Committee
3500 Alexandria Pike
Highland Heights, KY 41076

Campbell County Homemakers



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

LUNCH BUNCH CLUB



Join us to meet new friends
and enjoy great lunches.

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

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



TIME OF MEETING: 11am (CHECK NEWSLETTER)

MEETING LOCATION: various restaurants

CONTACT: Marcia Kerby 859-816-8707

EMAIL: JOTANDTITTLE51@HOTMAIL.COM

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



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ADULT HEALTH BULLETIN



FEBRUARY 2024

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

Campbell County
Cooperative Extension
3500 Alexandria Pike
Highland Heights, KY 41076
859-572.2600

THIS MONTH'S TOPIC

WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

Continued on the next page 



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Disabilities accommodated with prior notification.

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



➔ Continued from the previous page

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

REFERENCE:

<https://kidshealth.org/en/parents/emergencies.html>

**ADULT
HEALTH BULLETIN**

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



DIABETES

Education

UK Cooperative Extension Service



The more you know...

DIABETES BASICS

Thursday, March 7, 2024, 1:00-3:30 PM

Adults will learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste of a diabetes-friendly recipe.

Boone County Extension Office
(Lutes Room)

6028 Camp Ernst Road, Burlington, KY 41005
(enter building across from flagpole)

(859) 586-6101 or boone.ca.uky.edu to register
Registration required.



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Disabilities accommodated with prior notification.

EVERYTHING TUNA MELTS

Servings: 5 Serving Size: 2 bagel halves



Directions:

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with apple slices and cheese. Sprinkle with everything bagel seasoning.
7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Notes

This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Ingredients:

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

Nutrition facts per serving:

320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

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