



Strengthening Family Relationships during the Holidays

Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky; College of Agriculture, Food and Environment

There is no better time to strengthen the most important relationships in your life than the holiday season! Holidays can be very busy and stressful, but they can also be opportunities to celebrate life with the people you love. Here are some ideas for strengthening family relationships during the holidays.



- Shift your focus from what has to be done to what you want to experience with the people you care about.** So many things around the holiday season have to be done. It can make the holidays feel like one big giant obligation. Shift your attitude from obligation to your hopes for your family during the holidays. It may surprise you how much a shift in focus can do!
- Make your goal clear.** Let your family know that your No. 1 goal is to strengthen your family during the holiday season. Use language that makes it something everyone will want to do rather than something people feel forced to do. Communicate your goals for how you plan to strengthen relationships with each member of your family. When you communicate that you care about people and tell

them they are your No. 1 priority, it can be amazing how they will respond!

- Practice self-care.** We are happiest and most likely to have positive exchanges with our families when we are taking proper care of ourselves. Get enough rest and eat regular meals. Do something you enjoy or have wanted to do and take a little "me time." You will surprise yourself when you realize how much more positive your family interactions can be after you have taken some time to care for yourself!
- Put down the technology and focus on each other!** We all spend too much time on computers, iPads, smart phones and other technologies. The best way to strengthen family relationships is to do something together and focus on each

other. Play a fun family board game. Volunteer at a food pantry or nursing home as a family. Bake your favorite dessert together. Tell jokes together. It does not matter what you are doing, just do it together!

- Spend time reflecting together as a family.** What are your favorite memories from past holidays? What traditions are important to your family? How can we work together as a family to keep a focus on the positive? How can we work as a family to reduce stress? Sharing these reflections can help to reduce future conflict and feel better understood.

References: Brain Pathways (2013). Strengthening Relationships during the Holidays. Brain Pathways Blog. Available at <https://blog.brainpathways.net/2013/10/22/strengthening-relationships-during-the-holidays-2/>.



A few photos from the Lunch Bunch at Bru Burger. We hope to see you next year. Keep an eye out for future outings.



Lunch Bunch



We will take a break in January and will resume in February.



ATTENTION Homemakers...

Medicine Bottle Collection Event Continues

The medicine bottles will be donated to Rose Garden Mission. Any medicine bottle that has the label removed can be used and must be washed and dried. Thus far, 238 bottles have been given to Rose Garden and we would also like to donate some to Matthew 25 Ministries. Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office thru the end of February. We collected 360 bottles last year and it would be great if we could top that number this year.

Thanks in advance for your participation and help!



Renew Your HOMEMAKER MEMBERSHIP for 2025

Homemaker Membership Dues

Whether you are a current member of a Homemaker club or a mailbox member, you can renew your membership for 2025. Complete this Membership Form.

Annual Dues is \$10.00. **Make your check payable to: County Extension Homemakers** and send the check/ money order to:

**Marcia Kerby,
372 Shadow Ridge, Cold Spring, KY 41076
by December 1, 2024.**

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!



2025 Membership Form

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
E-mail: _____

Membership type: New Renewal

Please indicate the Club(s) you are interested in:

- Valley Crazy Quilters
 Lunch Bunch Mailbox

Additional Optional Information:

Race: Asian Black Hispanic White
 Native American Other: _____

Gender: Female Male

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

Annual Membership fee: \$10.00

Make check payable to:

Campbell County Extension Homemakers Association
 Yes, I would like to donate \$_____.00 to the
Campbell County Homemakers Scholarship Fund.

Mail this form with payment to:

Campbell County Extension Homemakers Association
c/o Marcia Kerby
372 Shadow Ridge
Cold Spring, KY 41076

I hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

(signature)

Treasurers use only:

Ck# _____ Amt. _____ Ext. Office _____



Thank you to Karen Hogan for teaching about royal icing and showing us techniques at our Valley Club meeting. We had fun icing and decorating your cookies as a Santa—they and the cake were delicious! Yum!

Crazy Quilters

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

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other. Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.



MEET THE 3RD MONDAY OF EACH MONTH

Time: 10am (check newsletter)

Meeting Location: Campbell County Extension Office

Contact: Linda Booth (859)620-0262

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

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University of Kentucky, Kentucky State University, UK Department of Agriculture, and Kentucky Cooperative Extension
Lexington, KY 40506



CAMPBELL COUNTY **Martin-Gatton**
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University of Kentucky

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, UK Department of Agriculture, and Kentucky Cooperative Extension
Lexington, KY 40506

You Are Not Alone: Coping With Grief Triggers During the Holidays

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging Specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.



Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include

birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

Prepare and plan. Turn dates into celebrations or a time for healing. 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 find ways to communicate that are most comfortable to you.

Create a tradition. 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. Connect to a specific cause or organization meaningful to you and/or your loved one.

Remember that grief is not a sign of a weakness or a setback. Rather, it is a reflection of what's important to you—we all grieve, and you are not alone.

Contact the Campbell County Extension office for more resources, tips and information.



Kate Vaughn Thompson

Kate Vaughn Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

– Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

– UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

– US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Helpful Hints for a Successful and Safe Thanksgiving

Source: Brooke Jenkins-Howard, Extension Specialist

Ham is available in many variations which makes it a popular meat to serve at holiday gatherings. If you are in the market to purchase a ham, you might see terms such as fresh, canned, cook before eating, fully cooked, smoked and country written on the package. With all of these terms, it can be unclear how best to choose and prepare a ham that is safe, delicious, and something your family will enjoy.

Fresh ham is an uncured leg of pork. Fresh ham is similar in flavor and appearance to fresh pork loin. Fresh ham must always be cooked.

Cured ham is the addition of salt, sodium or potassium nitrate, sugars, flavorings and other additives to the meat. Curing is used for preservation, tenderization, and color and flavor enhancement. Cured hams are usually pink in color.

Fresh and cured hams can be purchased smoked. This process allows the ham to absorb the smokiness from smoldering fires. This adds additional



flavor and color to the meat. Smoked hams can come either cooked or cook-before-eating.

Fully cooked hams can be eaten cold, right out of the package. Fully cooked hams are available in whole or halves, or vacuumed packaged. Spiral-cut ham is an example of a cooked ham that is safe to eat cold. In fact, reheating spiral cut hams can cause the meat to dry out and the glaze to run off the meat, so if reheating be sure to cover with heavy aluminum foil.

Country hams can be soaked in water

in the refrigerator for four to 12 hours or longer to reduce the salt content before cooking. Cook country hams by boiling 20 to 25 minutes per pound. Then, drain, glaze and brown in the oven at 400 degrees Fahrenheit for 15 minutes.

Hopefully, this information has carved up the facts on ham and made it easier to understand how to choose and prepare a type that is right for your family. For more information, contact your County Extension Office.

Reference: United States Department of Agriculture, Food Safety and Inspection Service. Ham and food safety. Retrieved from https://www.fsis.usda.gov/wps/wcm/connect/d1df4c79-ad2b-4dd4-a802-ed78cd14409d/Ham_and_Food_Safety.pdf?MOD=AJPERES.

If desired, all fully cooked hams can be heated to 140 degrees Fahrenheit before serving. As a guideline, use this table for approximate cooking times:

Fully Cooked Hams	Weight	Approximate Cooking Time Per Pound
Whole Ham, Bone-	10 to 14 lbs.	15 to 18 minutes
Half Ham, Bone-In	5 to 7 lbs.	18 to 24 minutes
Canned, Boneless	3 to 10 lbs.	15 to 20 minutes
Vacuum Packed, Boneless	6 to 12 lbs.	10 to 15 minutes
Spiral Ham	7 to 9 lbs.	10 to 18 minutes

Hams that must be cooked will bear noticeable cooking instructions and safe-handling instructions on the package. Cook-before-eating hams must be cooked to at least 145 degrees Fahrenheit as measured with a food thermometer. Allow the ham to rest at least three minutes before carving. For personal preference reasons, some consumers might choose to cook meat to higher temperatures. As a guideline, use this table for approximate cooking times:

Cook-Before-Eating Hams	Weight	Approximate Cooking Time Per
Whole Ham, Bone-In	10 to 14 lbs.	18 to 20 minutes
Half Ham, Bone-In	5 to 7 lbs.	22 to 25 minutes
Shank or Butt	3 to 4 lbs.	35 to 40 minutes
Whole Fresh Ham	12 to 16 lbs.	22 to 26 minutes
Half Fresh Ham Leg,	5 to 8 lbs.	35 to 40 minutes
Whole Fresh Ham	10 to 14 lbs.	24 to 28 minutes

ADULT HEALTH BULLETIN



DECEMBER 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 Service
 3500 Alexandria Pike
 Highland Heights, KY 41076
 859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC

AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page ➔



**Cough or sneeze
into the crook
of your elbow,
instead of your hands.**



→ Continued from the previous page

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

REFERENCE:

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT
HEALTH BULLETIN**

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

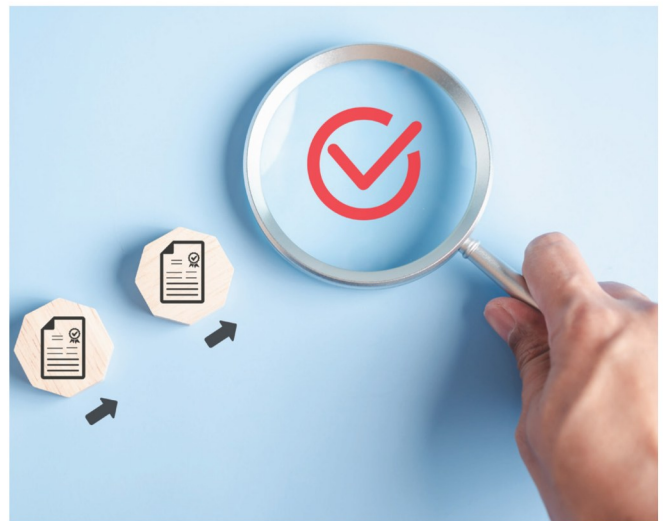
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.



“IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWISÉ newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

RESOURCES

American Psychological Association. <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

News Literacy Project. <https://newslit.org/>

The Role of Consumer Protection Agencies. https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf

Written by: Melinda McCulley, Extension Specialist for Instructional Support
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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2025

Flower Buds

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

A Laugh and Learn Playdate

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



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

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu

2025 Flower Buds Schedule:

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

- Thursday, February 6
- Thursday, March 6
- Thursday, April 3
- Thursday, May 1
- Thursday, June 5

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

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

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Disabilities
accommodated
with prior notification.

Join us to listen, learn, and
some hands-on activities for this program.

January 23, 2025

1:00 p.m.



The Artful PaLETTE

*Cultural arts occur
whenever creative
people decide to
artistically enhance
what is around them.*

Location:


Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Registration required:

Call: (859) 586-6101

Online: <https://boone.ca.uky.edu/events>

FAMILY BONDING
MANNERS
Matter



OPEN TO
FAMILIES
WITH YOUTH
AGES 3-8
YEARS OLD.

DINNER.MANNERS.FAMILY

TUESDAY, FEBRUARY 25, 2025
CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076

CLASS IS FROM
5:30PM-7:00PM

REGISTRATION REQUIRED
CALL 859-572-2600 OR ONLINE

AT [HTTPS://CAMPBELL.CA.UKY.EDU](https://campbell.ca.uky.edu)

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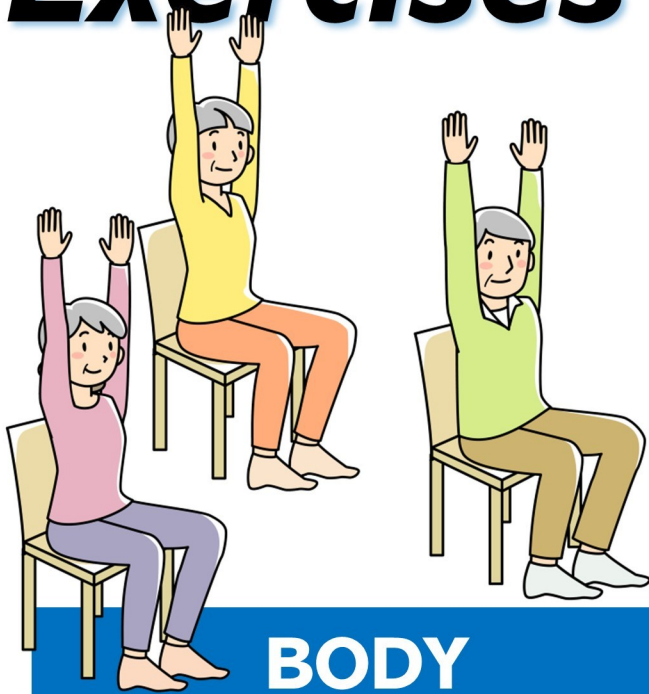


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Staying Sharp at Any Age...

 Cooperative Extension Service

Exercises for your...



BODY

Simply put, coming together and learning new things is good for your physical AND mental health! Join us for this program to engage in some simple exercises and guided challenging puzzles. Learn what you can do in your daily life to keep your brain and body healthy while interacting with others.

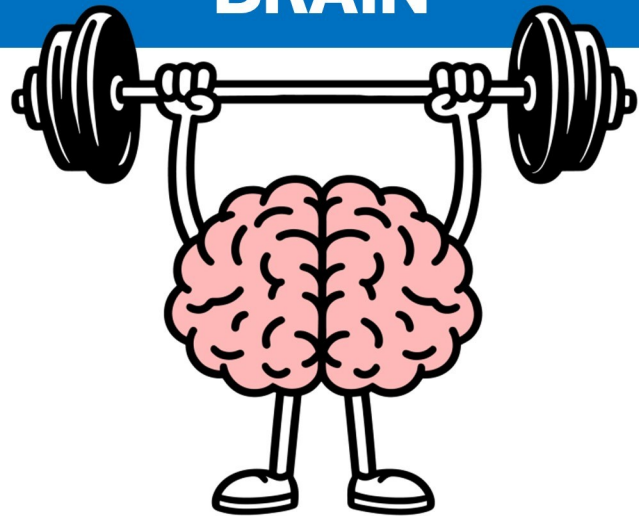


Wits Workout is a program developed by University of Illinois Extension
An Interactive Brain Health Program



Exercise program Developed by the Arthritis Exercise Association

BRAIN



Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

When: Tuesdays, January 14 - March 4
(8 weeks, plan to attend at least six sessions)

Time: 1:30 - 2:45 p.m.

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

Register: (859) 572-2600
or <https://campbell.ca.uky.edu>

Led by: Kate Thompson
Campbell County Cooperative Extension Agent

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Join the Boone and Campbell County
Extension Agents for...

 Cooperative
Extension Service

GIFT WRAPPING

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

**Tuesday
December 10th
1:30 pm**

Limited to
25 participants

**At the Campbell County
Cooperative Extension Office**

3500 Alexandria Pike | Highland Heights, KY 41076

Call the Campbell County Extension office at 859-572-2600 to register.

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10-MINUTE BEAN SOUP

Servings: Makes 4 Serving Size: 1/4 of recipe Recipe Cost: \$6.52 Cost per Serving: \$1.63



Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
- 1 (14 ounce) can low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- ½ cup grated Parmesan cheese

Directions:

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix in lemon juice and Parmesan cheese just before serving. Optional, garnish with finely chopped fresh basil or dried basil.

Notes:

Cooked, dried beans may be substituted for canned beans. Using prepared dry beans in place of canned will reduce sodium in this dish. If you can't find diced tomatoes with basil, garlic and oregano, use regular diced tomatoes and add dried versions of these seasonings.

Nutrition facts per serving:





400 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 500mg sodium; 62g carbohydrate; 15g fiber; 4g sugar; 24g protein; 140% Daily Value of vitamin A; 160% Daily Value of vitamin C; 40% Daily Value of calcium; 30% Daily Value of iron.

Source: Caroline Durr, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

December 2024





Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <ul style="list-style-type: none"> • Holiday Painting Class w/Debbie Hyson - 1:30pm • Lunch Bunch - 11am 	4	5 <ul style="list-style-type: none"> • Flowerbuds Program - 10am 	6	7
8	9 <ul style="list-style-type: none"> • Valley Homemaker Meeting - 10:30 at Shadow Lake Clubhouse. Call Pam to register. 	10 <ul style="list-style-type: none"> • Holiday Gift Wrapping Program - 1:30pm 	11	12	13 	14
15	16 	17	18	19	20	21
22	23 	24	25	26	27	28
<p>Medicine Bottle Collection continues through February</p>			<p>Happy Holidays! - Extension Office Closed - Dec. 25 thru Jan. 1</p>			
29	30	31	<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted.</p> <p>3500 Alexandria Pike Highland Heights, KY 41076</p> 		<p>LOOKING AHEAD...</p> <ul style="list-style-type: none"> • Valley Homemaker Meeting - Feb. 11 - 10am. Guest Speaker; Call Pam to register. • Family Bonding Manners Matter - Feb. 25 - 5:30pm 	
<p>Happy Holidays! - Extension Office Closed - Dec. 25 thru Jan. 1</p>						

January 2025



Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted. 3500 Alexandria Pike Highland Heights, KY 41076</p> 		<p>LOOKING AHEAD...</p> <ul style="list-style-type: none"> Valley Homemaker Meeting - Feb. 11 - 10am. Guest Speaker; Call Pam to register. Family Bonding Manners Matter - Feb. 25 - 5:30pm 		2	3	4
5	6	7	8	9	10	11
					 <p>Medicine Bottle Collection continues through February</p> 	
12	13	14	15	16	17	18
		<ul style="list-style-type: none"> Exercise for your Body & Brain Program -1:30pm Valley Homemaker Meeting - Jan. 14 - 10am. Guest Speaker; Call Pam to register. 				
19	20	21	22	23	24	25
		<ul style="list-style-type: none"> Exercise for your Body & Brain Program - 1:30pm 	<ul style="list-style-type: none"> Area Homemaker Council Meeting - 1:00pm <i>Boone County Extension</i> 	<ul style="list-style-type: none"> The Artful Palette Program - 1:00pm <i>Boone County Extension</i> 		
26	27	28	29	30	31	
		<ul style="list-style-type: none"> Exercise for your Body & Brain Program - 1:30pm 				