

# FAMILY AND CONSUMER SCIENCES

## FRANKLIN COUNTY COOPERATIVE EXTENSION NOVEMBER 2023 NEWSLETTER

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### Talking Turkey: Prep and Safety

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For many, Thanksgiving dinner is the largest meal prepared all year. So much time and effort go into planning the meal. There are decorations, place settings, the side dishes, the guest list, and the turkey! It's easy to see how one could feel overwhelmed with preparing the turkey with so many other things to think about.

#### Turkey Nutrition

Holiday meals are typically known for their over indulgent foods; however, turkey remains a nutritious holiday staple. Turkey is low-fat, high in protein, and rich in iron, zinc, and several B Vitamins. A typical serving of turkey is 3 to 3½ ounces, about the size of a full, stacked deck of cards. A 3-ounce serving of boneless, skinless turkey breast meat has only 161 calories, 29g of protein, and 4g of fat. Similarly, a 3-ounce serving of dark thigh meat without skin is 192 calories, 28g of protein, and 8g of fat.

*(Continued on pg. 2)*

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*(Continued from pg. 1, Talking Turkey: Prep and Safety)*

### Purchasing a Turkey

Turkeys may be purchased either fresh or frozen. Neither is better than the other. When purchasing a turkey, plan for 1 pound per person. Free range or organic turkeys may be available at your grocery store. Free-range turkeys are raised in environments with more space, but this does not mean that they are organic. Organic turkeys must meet specific standards set forth by the The United States Department of Agriculture (USDA). Organic does not mean the turkey is free range. The nutrition of these turkeys is no different than a conventional turkey but may be two to four times more expensive. It is personal preference on which turkey meets your personal, ethical, and economical needs. A fresh turkey should be purchased no more than two days prior to the day of preparation. Check the “sell by” or “use by” date to make sure that the turkey is fresh. If a fresh turkey is desired for Thanksgiving Day, it may be best to call the local grocer to ensure a fresh bird will be available. Frozen turkeys may be purchased weeks, even months, in advance depending on available freezer space. With frozen turkeys, allow adequate time for the thawing process.

### Thawing Methods

Turkeys must be kept at a safe temperature during the thawing process. They should never be left out at room temperature on the counter, in the basement, or outside on a cool day. It is not acceptable to thaw a turkey in the dishwasher, using a blow dryer, a brown paper bag, or any place where the temperature is above 40°F. When a frozen turkey begins to thaw, any bacteria that may have been present on the meat before freezing will begin to grow. If the meat stays in the “Danger Zone,” between 40°F-140°F, for more than two hours, bacteria

can grow rapidly. The USDA recommends three ways to safely thaw food containing turkey: in the refrigerator, in the sink using the cold water method, or in the microwave.

### Thawing in the Refrigerator

When thawing a turkey in the refrigerator, make sure you allow enough time. You will need about 24 hours for each 4-5 pounds of turkey in a refrigerator set at 40°F. Place the bird in a large pan to collect any juices that may drip and contaminate other foods. Use Table 1 as a reference for thawing in the refrigerator. A turkey thawed in the refrigerator can remain in the refrigerator for 1-2 days before cooking. If necessary, the bird can be frozen again without cooking, but there will be some loss in quality.

### Thawing with the Cold Water Method

The cold water method is simply thawing the turkey in a sink of cold water, where the water is changed every 30 minutes. Do not use warm or hot water with this method as this will put the turkey in the “danger zone” for longer than is recommended. You should allow about 30 minutes for each pound of turkey. Be sure to use cold water and make sure the bird is wrapped securely in a leak proof bag in order to prevent cross contamination and a watery bird. Use Table 2 as a reference for thawing in cold water. A turkey thawed using the cold water method must be cooked immediately.

**Table 1. Thawing time in the refrigerator.**

Size of Turkey	Thawing Time
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

**Table 2. Thawing time with the cold water method.**

Size of Turkey	Thawing Time
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

## Thawing in the Microwave

When thawing in the microwave, follow the microwave owner's manual for defrosting a turkey. They should have recommendations for the cook level and time according to the size of the bird. Most microwaves cannot accommodate a turkey larger than 12 to 14 pounds. Plan on cooking the turkey immediately after thawing as some areas of the bird warm up quickly and begin to cook during the microwave thaw. Turkey should not be held for later cooking after thawing in the microwave as this increases the chance for bacterial growth. Thawing in the refrigerator is preferred. This is the safest method because the temperature never rises above 40°F. Inside the refrigerator, the turkey thaws gradually at a consistent, safe temperature. Don't worry if your turkey is still a little frozen before you cook it. The turkey is still safe to cook; it will just take longer. It's even possible to cook a turkey that is still completely frozen. A turkey that is completely frozen will take 50 percent longer to cook than a turkey that has been thawed.

## Getting Started

As the turkey thaws and you ready your space to prepare the turkey and other Thanksgiving dishes, keep the following food safety tips in mind.

- Before you start the cooking preparations, wash your hands with soap and warm water for 20 seconds.
- Don't wash the turkey. This can spread bacteria onto kitchen surfaces. All raw meat contains bacteria. Washing the meat will not remove the bacteria. The only way to remove the bacteria is to cook the turkey properly.
- Keep the turkey away from all other foods during the thawing process and before cooking in order to avoid cross contamination.

- Don't prepare any other foods until you have the turkey in the oven and have properly cleaned and sanitized the area.
- If possible, use a different cutting board and knife when preparing the turkey. Wash and sanitize everything that touched the raw meat, even countertops.
- Use a mild bleach solution made from 1 tablespoon unscented bleach per gallon of water to sanitize knives, cutting boards and work surfaces.

## Turkey Leftovers

It's never too early to start thinking about all of those wonderful turkey leftovers. Be sure to follow good food safety practices when preparing your turkey and storing it for those favorite recipes over the next several days.

## Storing Leftovers

After dinner, don't let food sit out on the table. Leftovers should be refrigerated or frozen within two hours. It is best to go ahead and remove all the meat from the turkey. Do not store stuffing inside the turkey. Remove the stuffing from the bird and refrigerate in a separate container. Legs and wings may be left whole, if desired. Sliced meat should be stored in shallow containers or small zipper bags and eaten within 3-4 days. If you aren't sure the meat can be eaten in that time frame, it is best to freeze the leftover turkey. If the freezer stays below 0°F, the turkey is safe to eat indefinitely. For best quality, sliced turkey stored in the freezer in freezer-safe zipper bags should be eaten within 6 months. Be sure to label leftovers going into the freezer with contents and the date on which they were frozen.



## From the Fingertips of Your FCS Agent

I had such a great time last month celebrating Homemaker's Week at Bernheim Forest with the other Ft. Harrod Area agents and homemakers. A few Franklin County homemakers enjoyed "A Day Out in Frankfort" touring the downtown area with a view. We painted wheelbarrows one Friday night. I traveled to Cave City to attend the Master Clothing Volunteer Training supporting our MCV's, Anne Hillard and Debi Newman. I learned a few new skills at Heritage Craft Camp which I look forward to teaching soon. Finally, I finished up the month having a "Bewitching" time at the Ft. Harrod Area Annual Homemakers meeting in Boyle County. It was a costume-themed meeting so those in attendance dressed up. **(See pg. 13, Keeping Up with Carla)**



Carla A. Carter

I have been on the go so much lately, when I went shopping this past weekend I didn't realize retailers had moved Black Friday up. What is the rush? Why are we always in a hurry, never having a enough time, never stopping to pause and be in the moment? Hmmm. PAUSE! Thanksgiving is upon us. My little one will be turning 11 this month. I am so thankful for her, my sons, my dads, my Hun, my grands, and the rest of my family. Where would I be without my village? I wouldn't be able to do and be on the go for work, if I did not have a patient and loving family.

Take a few moments today and think about something you are truly "Thankful" for. I hope everyone is looking forward to the upcoming holidays. Remember to check on those who may be alone during this time. Thanksgiving Blessings!



## From your Franklin County Homemaker President, Elizabeth Collins



WOW! Where has the time gone? I cannot believe that it is already November! I hope everyone is enjoying the beautiful colors of fall.

Please remember to pay your dues if you have not done so already.

Our Children's Holiday Store is on **Saturday, November 18<sup>th</sup>** from 9am-2pm. If you would like to help with set-up on Friday, November 17<sup>th</sup> we will be meeting at the Extension Office at 3:00 p.m. We need help setting up the basement and the main floor. We will need help moving tables and chairs. We also need donations of gift bags (can be gently used) and tissue paper.

If you have a high school student or college student that would like to volunteer at the Children's Holiday Store this year, please let me know. We need elves to help the kids with their shopping and help at the gift wrapping stations. Everything will be wrapped in gift bags and tissue paper so it is not hard to do. The more help we have the better things will run.

Happy November Everyone!

After seeing the prices on premade cheese plates Denise Boebinger remembered her lesson on Charcuterie Boards. She realized she could make one bigger, better and cheaper!! The Bee Club enjoyed her efforts!





# ADULT HEALTH BULLETIN



**NOVEMBER 2023**

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

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**THIS MONTH'S TOPIC:**

## KNOW YOUR FAMILY HEALTH HISTORY



**N**ov. 23 is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.

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***Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.***

**→ Continued from the previous page**

You may know a lot about your family health history or only a little. To get the complete picture, it can be helpful to use family gatherings as a time to talk to relatives about gaps in your knowledge. Collect information about your parents, siblings (whole and half), children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. If family members are no longer living, you may use legal records such as death certificates or medical records to help fill in those blanks. Be sure to update the information regularly and share what you've learned with your family and with your doctor.

Most people have a family health history of at least one chronic disease, such as diabetes, cancer, or heart disease. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Even if you don't know all your family health history information, share what you do know with all your medical providers. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

Being aware of your family health history can also help you make healthy choices moving forward! You cannot change your genes, but you can change certain behaviors, such as smoking, activity level, and eating habits, and start participating in health screenings. Finding disease early can often mean better health in the long run, for you and your family members.

**REFERENCE:**

[https://www.cdc.gov/genomics/famhistory/famhist\\_basics.htm](https://www.cdc.gov/genomics/famhistory/famhist_basics.htm)



**ADULT  
HEALTH BULLETIN**

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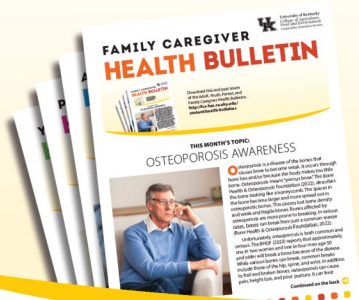
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# FAMILY CAREGIVER

# HEALTH BULLETIN



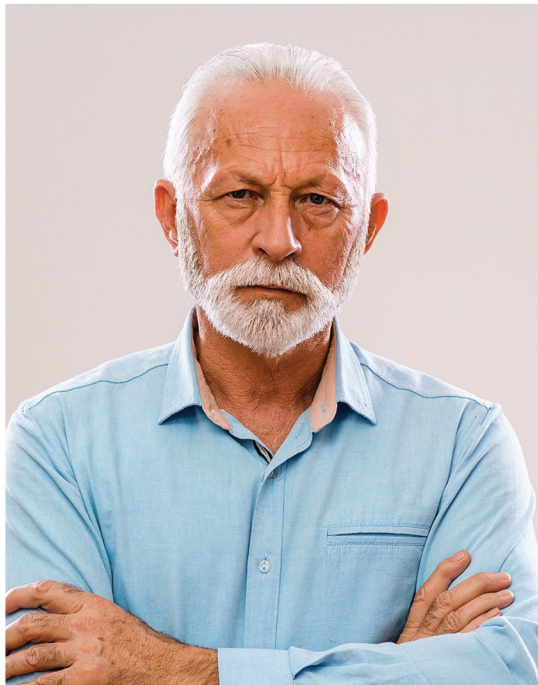
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## THIS MONTH'S TOPIC:

# LEWY BODY DEMENTIA



**L**ewy body dementia (LBD) is a disease caused by abnormal deposits of protein in the brain. These deposits, called Lewy bodies, lead to problems with thinking, mood, behavior, and movement (NIH). According to the National Institutes of Health, LBD is one of the most common causes of dementia after Alzheimer's disease and vascular disease. It affects more than one million people in the U.S.

### Types of LBD

"Lewy body dementia" (LBD) is an umbrella term that includes two related types of dementia: dementia with Lewy bodies (DLB) and Parkinson's disease dementia (PDD), according to the Lewy Body Dementia Association. DLB and PDD are related but differ in the timing of cognitive and mobility impairment (NIH).

- With DLB, a person experiences dementia within one year of movement symptoms, such as rigidity, slowed movement, stiffness, and tremors (Alzheimer's Association,

**Continued on the next page** →



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## ➔ Continued from the previous page

NIH). Decline in thinking may look like Alzheimer's disease, but over time, other DLB symptoms and problems with movement will occur.

- With PDD, movement symptoms, consistent with Parkinson's disease, start first and cognition problems don't occur for more than a year (NIH). Not all people with Parkinson's disease develop dementia, but it is not uncommon for older adults living with Parkinson's to do so. According to the NIH, a later life diagnosis of Parkinson's disease is a risk factor for PDD.

### DLB symptoms

The Lewy Body Dementia Association reports the following distinct features of DLB.

- Progressive cognitive impairment
- Fluctuating attention and alertness can present like delirium, lasting for hours or days
- Recurring visual hallucinations
- Parkinson-like movement (rigidity, shuffling, slowed mobility, tremors, stooped posture)

DLB is also associated with changes in sleep and autonomic functions like blood pressure, thermal regulation, digestion, urinary incontinence, and sexual response. DLB is progressive, which means the symptoms and decline can get worse over time. Changes should be reported to a health-care professional. Ultimately, people with DLB will require full-time care.

### DLB risk factors

The cause of LBD is unknown. No specific lifestyle factors are proven to increase risk and no genetic test can prove if someone will develop it. As researchers continue to learn more, they do know that the following risk factors are linked to higher risk (NIH):

- Older age
- Rapid eye movement sleep behavior disorder
- Parkinson's disease

In addition, the Mayo Clinic reports that LBD affects more men and, sometimes, those with a family history may have greater risk.

### Diagnosis

LBD can be difficult to diagnosis. Not only can LBD occur alone or with other brain disorders, but it can also resemble other diseases and disorders

(Lewy Body Dementia Association, NIH). The order and/or severity of symptoms can also vary (Lewy Body Dementia Association). The only definitive diagnosis of LBD is with an autopsy. But health-care providers use a "one-year-rule" to help identify the type of LBD, which helps doctors better understand the likely disease progression and determine a proper treatment (NIH). Evaluations consist of medical history, physical examinations, lab work, brain imaging, and neuropsychological tests (NIH).

### Treatment

There is no cure for LBD, but a correct diagnosis and proper treatment can help improve quality of life. Certain medication, therapies, counseling, home safety modifications, and adaptive equipment can make daily tasks more manageable. The NIH also suggests building a caregiving team that might include a neurologist who specializes in dementia and/or movement disorders; a primary care physician; physical, speech, occupational, and sleep therapists; palliative care specialists; and a pharmacist. Support groups can also be a valuable resource for both patients and caregivers.

### Advice for LBD caregivers

- Educate yourself and others about the disease, including health-care professionals
- Ask for help
- Form a caregiving team
- Be flexible and realistic
- Care for yourself
- Talk to children and teens in age-appropriate terms
- Seek resources. Start with Lewy Body Dementia Association (800-539-9767 or 404-935-6444)

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- Lewy Body Dementia Association (LBDA). (2023). Clinical Management. Retrieved August 28, 2023 from <https://www.lbda.org/clinical-management>.
- Mayo Clinic. (2023). Lewy Body Dementia Overview. Retrieved August 25, 2023 from <https://www.mayoclinic.org/diseases-conditions/lewy-body-dementia/symptoms-causes/syc-20352025>
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## FAMILY CAREGIVER HEALTH BULLETIN

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2023

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## THIS MONTH'S TOPIC: MONEY TRANSFER APPS

Money transfer apps are a convenient way to send money to others. Despite the benefit of convenience, there are tax implications and risks to using money transfer apps. When using these services, be careful to avoid payment mishaps and scams. Always research money transfer apps before using them to ensure that the app you choose is reputable.

### WHAT ARE MONEY TRANSFER APPS?

You may have heard of apps such as Venmo, Cash App, Zelle, or PayPal. These apps allow for person-to-person money transfers directly from your account to the recipient. Convenience is a large draw for these apps, as they make it easy to send money without having to carry cash or swipe a card. For example, you can easily repay a friend for covering your lunch if you forget your wallet, or you might pay a babysitter when you don't have cash on hand.

### TAX IMPLICATIONS

Money transfer apps often allow you to make a note of what the payment is for or indicate if a transaction is personal or for business. The app might need to report transfers related to a business expense. So, labeling transfers can keep personal transactions from being counted as income, such as a friend paying you back for dinner.



### PAYMENT MISHAPS

Have you ever sent an email or text message to the wrong person? This mistake can happen with money transfer apps too, but with your money! Only use money transfer apps for people you know well and can verify their identity.

Some apps have security measures built in to avoid paying the wrong person, such as with a recipient's phone number or email address. Always double check that the recipient is who you intend them to be before sending money. Some apps allow the recipient to send you a request for payment. Others will allow you to add friends or contacts. Consider sending a small "test" amount first, such as \$1, to ensure it goes to the correct person before sending larger sums.

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## MONEY TRANSFER APPS ARE AN EASY TARGET FOR SCAMMERS BECAUSE OF THE QUICK NATURE OF THE TRANSACTIONS



### AVOIDING SCAMS

Money transfer apps are an easy target for scammers because of the quick nature of the transactions and the difficulty of getting money back once it has been sent. Common scams include promise of product, loved one in need, and fake customer support scams.

**Promise of product** scams are when a scammer requests payment and promises a product with no intention to deliver. Promised items might include concert tickets, puppies, or other items sold on online marketplaces. Always research a seller to ensure they are reputable or wait until you have the product in hand before transferring money.

**Loved one in need** scams involve a scammer pretending to be a loved one in crisis requesting you immediately send money. These scams prey on your emotions. Always take time to verify the situation before acting. For example, if you received a message on social media, their account may have been hacked. Call your loved one before you consider transferring money.

**Fake customer support** scams can be tricky to spot. Scammers pose as representatives from a money transfer app or company. They

send emails, texts, or make phone calls that seem legitimate, but they ask for your personal information or account details. Always seek customer support directly through the app or company website, and never disclose personal information if you receive unsolicited contact.

If you suspect a scam, report it to help stop the scammer. Visit <https://reportfraud.ftc.gov/> to file a report with the Federal Trade Commission.

### REFERENCES:

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National Credit Union Administration. <https://mycreditunion.gov/about-credit-unions/products-services/mobile-payments-wallets/person-to-person-payment-apps>

Taxpayer Advocate Service. <https://www.taxpayeradvocate.irs.gov/news/tas-tax-tip-use-caution-when-paying-or-receiving-payments-from-friends-or-family-members-using-cash-payment-apps/>

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# Holiday Online Shopping Savvy

Source: Kelly May, senior extension associate

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.



Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with <https://> web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in

charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.





**Thursday Evening  
November 9  
5PM - 8 PM**

**Candlelight Market  
on St. Clair Street  
Downtown Frankfort**

Local Farmers Market producers help  
kick off Candlelight Weekend with local  
baked goods, pantry items, meats,  
honey, soaps, artisan crafts & more

presented by  
 COMMONWEALTH CREDIT UNION

 FARMERS MARKET



## NEWS & NOTES

**2024 State Meeting** – Next year’s KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is “Blazing the Way with KEHA.” Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the [State Meeting](#) webpage.

**KEHA Week** – Thank you to all who participated locally and via the [KEHA Facebook](#) page. We hope you all enjoyed celebrating how KEHA “plants the seeds” for future growth during Oct. 8-14 and beyond! Kudos to Sharon Fields, KEHA Marketing and Publicity Chair, and Mindy McCulley, Marketing Advisor, for coordinating materials for the week. If you have feedback, please share.

**Nominations Sought for Kentucky Master Farm Homemakers Guild** – The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. The County Info Sheet and details regarding the new member selection process are available on the [Master Farm Homemakers Guild web page](#). County nominees should **complete and submit the County Information form by Nov. 15.**

**Renew Your Membership** – Fall is membership drive time for KEHA. The current membership campaign says the “Keys to Membership” are the three Rs: Recruit – get a plus one, Retain – value members and engage, and Repeat – continue to grow. More information about the campaign and possible prizes is available on the [membership campaign](#) webpage.

**Gift Membership** – Did you know you could give the [gift of KEHA membership](#)? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member – and also let them know why KEHA is important to you!

**Dues Collection** – Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form ([KEHA Manual Appendix](#) page 16) should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2023 state business meeting.

**Nominate a Candidate for KEHA State Board** – Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chairman positions will be open for election in spring of 2024: President-elect, Second Vice President, Cultural Arts & Heritage Chair, Family & Individual Development Chair, and International Chair. Additional details regarding elections will be shared in January 2024. Qualifications for nominees are listed on [page 12 of the Handbook](#).

**Forms** – Make sure you are using the most current KEHA forms from the Manual and Appendix. Older forms may have incorrect names, emails, and addresses. For up-to-date forms and Manual information, visit <https://keha.ca.uky.edu/content/keha-manual>.

### Dates to Remember

- Nov. 13-14 – Fall Board Meeting at Embassy Suites Coldstream
- Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

# KEEPING UP WITH CARLA



# HELP NEEDED!

Help Kentucky State University with their annual Sharing Is Caring Event!

## DONATIONS NEEDED FOR AGES 5-12:

- Toys
- Books
- Sensory activities toys
- Funding to buy Amazon toys



Toy Donations can be dropped off at the **Roy M. Chappell Building** on the KYSU Campus by Tuesday, November 21st.

Funding Donations can be made to **Cashapp: \$CKIKSU (Please put your name/organization and "For Sharing Is Caring")**



# BE A DIABETES A.C.E.

(ACTIVE. CONFIDENT. EDUCATED.)

*Join us to develop effective strategies to enhance your diabetes control and review practical tips you can use in your everyday life.*

## Register early – space is limited!

If you, or a friend, or loved one have type 1, type 2 or prediabetes, you don't want to miss this event hosted by the UK Barnstable Brown Diabetes Center. Our highly qualified experts will walk you through how you can live your best life while managing diabetes. **Be a Diabetes A.C.E.** is designed for people both with a newer diagnosis of diabetes as well as those who have had diabetes for many years.

Session content:

- Learn practical tips to eat healthy, deal with stressful situations, manage your medications and be more active.
- Participate in safe exercises that you can replicate at home.
- Learn about the latest medications for treating diabetes.
- Develop strategies for coping with diabetes.
- Learn about glucose sensors, insulin pumps and other state-of-the-art technologies.

If you have questions about diabetes, don't miss this opportunity to meet and interact with UK HealthCare's diabetes experts.

**A healthy lunch will be provided.**

### Class date

November 10, 2023  
8:30 a.m. – 2 p.m.

**This event will be FREE.**

### Location

Fayette County Extension Office  
1140 Harry Sykes Way  
Lexington, KY 40504

Free parking is available. Enter through back doors.

### Registration

Spaces are available on a first-come, first-served basis. Registration is required. To register, please scan the QR code or call 859-257-5582.



Funding and support provided by UK HealthCare's Healthy Kentucky Initiative. In collaboration with:

UK Cooperative Extension Service



### CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

# Welcome

Nutrition Education  
Program Assistant

*Pamela Holbrook*



Pam has joined us as the Nutrition Education Program Assistant. She earned a B.A. in English and has nearly completed a B.S. in Sustainable Agriculture, both at the University of Kentucky. She is married to a computer guy and the mother of four grown children and three dogs. She is also incredibly excited to be a part of the Franklin County community!

4-H Program Assistant

*Sam Moore*



Sam is very excited to be joining our team as our new 4-H Program Assistant. She is currently the Franklin County 4-H Dog Club Leader and an avid dog lover. She is married and has three children who attend Collins Lane Elementary. She is excited to get to know our county's community.

 Cooperative Extension Service



## Franklin County Nutrition Education (NEP)

Follow us on:  
Facebook @Franklin County NEP  
Instagram @FranklinCountyNEP  
Tasty and nutritious recipes, food safety, meal planning on a budget, fun and educational events for kids and adults.



An equal opportunity university.



Prepare for Sweater Weather



**LIHEAP FALL SUBSIDY**  
**NOVEMBER 6 – DECEMBER 15, 2023**

APPLY AT YOUR BLUE GRASS COMMUNITY ACTION PARTNERSHIP OFFICE

DETAILS AT [BLUEGRASSCOMMUNITYACTION.ORG](https://bluegrasscommunityaction.org)



Scan QR Code to learn more

Funding provided by Kentucky Cabinet for Health and Family Services through block grant from the U.S. Department of Health and Human Services





# LAUGH & LEARN

Join Ms. Carla for a 1-hour laugh & learn playdate for children ages 3-5 and their caregiver to engage in playful activities designed for school readiness. We will tell stories, sing songs, make crafts, play games and enjoy a snack.

**NOVEMBER 14, 2023**  
**TURKEYS & GIVING THANKS**

11:30am-12:15pm  
Paul Sawyer Public Library  
319 Wapping St.  
Frankfort, KY 40601  
Call to register:  
502-352-2665



Cooperative  
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Agriculture and Natural Resources  
Family and Consumer Sciences  
Child Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification



**FBC**  
*St. Clair*  
*Christmas*  
*Toy Store*

Birth-5th Grade



Middle & High School



Sign-up before  
November 21!

For Children Birth - 18yo

Each child receives:

- 1 Toy
- 1 Book
- 1 Stuffed Animal

Parents are invited to FBC to shop and choose items for their child in December. More details will be sent after sign-up deadline.

# FRANKLIN COUNTY HOMEMAKERS CHILDREN'S HOLIDAY STORE

SATURDAY, NOVEMBER 18, 2023

9:00 A.M. - 12:00 P.M.

FRANKLIN CO. COOPERATIVE EXTENSION

101 LAKEVIEW COURT

FRANKFORT, KY 40601

502-695-9035

CHILDREN **AGES 4-12** SHOULD BRING A GIFT LIST OF THEIR FRIENDS, TEACHERS, AND FAMILY MEMBERS. THEY WILL SHOP PRIVATELY WITH AN ELF TO PURCHASE HANDCRAFTED ITEMS WITHIN THEIR BUDGET.

GIFTS COST BETWEEN 25 CENTS AND \$5.00.

PLEASE BRING CASH ONLY, AND SMALL BILLS (\$1, \$5, \$10).

**CREATE THE JOY OF GIVING TO OTHERS  
THIS HOLIDAY SEASON!**



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



**LEADERSHIP LESSONS DATES & TIMES**

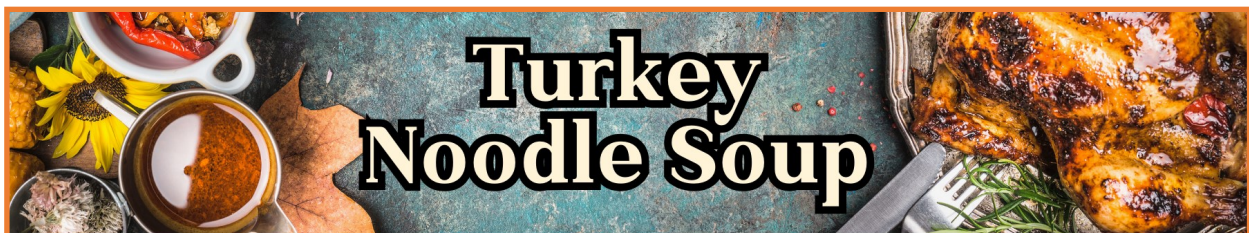
**January 11th @ 5PM - Transferring Cherished Possessions**

**March 1st (TBD) - Savor the Flavor - Multi-County @ Boyle Co. CES (Car pool)**

**March 6th @ 12PM - Basic Technology**

**April 16th @ 6-8PM - First Aid - Multi-County @ Franklin Co. CES (Dinner provided)**

**Leader lessons are free and open to the public. Please call (502) 695-9035 to reserve your spot.**



**INGREDIENTS**

- 6 cups homemade turkey stock (or low-sodium canned turkey/chicken broth)
- 1 bay leaf
- 1 cup diced carrot
- ¾ cup chopped onion
- ¾ cup diced celery
- 2 garlic cloves, minced
- Salt to taste
- Ground black pepper
- ¼ cup chopped parsley
- 3 oz egg noodles
- 2 cups leftover turkey, shredded

**DIRECTIONS**

1. Fill a large pot with homemade (or canned) stock.
2. Add bay leaf, carrots, onions, celery, garlic, salt and pepper to taste.
3. Simmer 10-15 minutes or until the vegetables are tender.
4. Add parsley, noodles, and shredded turkey.
5. Cook according to packaging for noodles. Remove bay leaf and serve.

Recipe-Talking Turkey: Prep and Safety article

*Carla A. Carter*

**Carla A. Carter**  
County Extension Agent for Family  
and Consumer Sciences Education

**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.