



**DECEMBER 2023**

Fayette County Extension  
1140 Harry Sykes Way  
Lexington, KY 40504  
Phone (859) 257-5582  
Email: [fayette.ext@uky.edu](mailto:fayette.ext@uky.edu)  
<http://fayette.ca.uky.edu/>

### **Foster Care Sewing Project January 19, 2024, 9:00am-3:00pm**

One of Fayette County Extension Homemakers most meaningful community contributions is the 'duffle bag' project. Led by Sierra Smith, this program is based upon the need for children to have their own spacious bag for kids to use for moves between placements, personal use, and storage. These kits are precut, so if you can press, pin or sew, your help is definitely needed. These bags will be delivered both locally and statewide. Volunteers can arrive late and/or leave early. There is no charge for all the fun you will have!

#### **Note**

"The Fayette County Extension Office has had an increase in programs and our kitchen is regularly being used for classes. (A wonderful problem to have!) Due to this, we are no longer able to allow access to the refrigerator for groups that have not reserved the kitchen for program use. Please take and use an ice pack to keep your snacks, lunch, and drinks cool, which is available upon request for pick up at our front office. Thank you for being the best part of the extension community! "



The Fayette County Extension Office will be closed for the Holidays  
December 25, 2023—January 1, 2024

### **Making a New Holiday Tradition:**

When it comes to the holidays, it is often our traditions that we think of first. Spending time with loved ones, making meals together, sharing in meals together, and even exchanging gifts or sentiments of love with one another. Sometimes over the years, traditions may end for any number of reasons, providing the opportunity to create new traditions. Here are some ideas of traditions you may want to start this holiday season:

- Volunteer as a family at a retirement home, share time with the guests, sing a song as a family, or put on a play.
- Write a letter to someone serving our country.
- Serve food at a local shelter or soup kitchen.
- Donate clothes or toys, or create hygiene kits for a holiday drive.
- Host a potluck and invite three families.
- Plan a seasonal treasure hunt.
- Have a circle of thanks in which you each share what you are most thankful for this year, or who and why.
- Put on a talent show.
- Give massages or foot rubs.
- Put together an adult's night out.

There are many ways to make the holidays special, so start a new tradition in your family this year.

**Source:** David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development



## It's Not Too Late to Develop a Holiday Budget

The holidays are quickly approaching. While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season.

Developing a budget can help start your financial preparation for the holidays. Budgets give you a great idea of the amount of money you will need to get through the holidays and will help avoid impulse buying. It is important to include all holiday purchases when developing a budget. Think of any events, travel, charitable donations and gifts that you have planned for the season. Remember to list food and other entertainment costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift and the amount you plan to spend—no matter how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a nonmonetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.

Source: Nicole Huff, assistant professor, School of Human Environmental Sciences



**Laugh and Learn**

**Laugh & Learn**

**Playdate**

Join our 2023 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Each session is at the Fayette County Extension Office from 10-11:30am.

FREE for all children ages birth to 5 and all children must be accompanied by an adult. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. For more information, contact our office at 859-2575582 or email Caroline McMahan at [caroline.mcmahan@uky.edu](mailto:caroline.mcmahan@uky.edu)

**2023 Program Schedule:**  
**12/13**

**Cooperative Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506







# A Different World & FCS

## Presents **Sensory Christmas Party!**



**Pictures with Santa**



**December 3rd  
1pm-3pm**

**\*\*\*This EVENT is for children, teens,  
young adults with Autism and/or  
disabilities and their families.\*\*\***

### Food • Sensory Fun • Crafts

Please RSVP by calling the Fayette Co.

Extension Office

859-257-5582

1140 Harry Sykes Way, Lexington, KY

40504

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Disabilities accommodated with prior notification.





# Holiday Cake Decorating Class

It's that time of year again! We hope everyone who joined last year for the cocoa bomb class comes out again to the Fayette County Extension Office at 1140 Harry Sykes Way to learn basic decorating skills for the holiday season!

Sunday, December 3, 5:30-7:00p- Cupcake Decorating  
Wednesday, December 13, 5:30-7:00p - Cake Decorating

**Fee per class: \$5.00**

Register on-line at:

<https://fayette.ca.uky.edu/classregistration>

or by calling the office at 859-257-5582.



**For questions contact: [Lachaesconfections@yahoo.com](mailto:Lachaesconfections@yahoo.com)  
or text/call 859-346-7734**

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**UK** Cooperative Extension Service

## TRIPLE CROWN MANAGEMENT

# MAKING THE MOST OF MEDICARE

COME JOIN US AND LEARN HOW TO NAVIGATE MEDICARE'S ANNUAL ENROLLMENT PERIOD WITH EASE

**\*REFRESHMENTS PROVIDED\***

**Fayette County Extension Office**  
**1140 Harry Sykes Way Lexington, KY 40504**  
**December 4th, 2023**  
**5:30 pm - 7:00 pm**

**FOR INFORMATION:**

**Blake Anderson**  
**859-489-7165**

**TO RSVP:**

**Extension Office**  
**859-257-5582**

**Cooperative Extension Service**

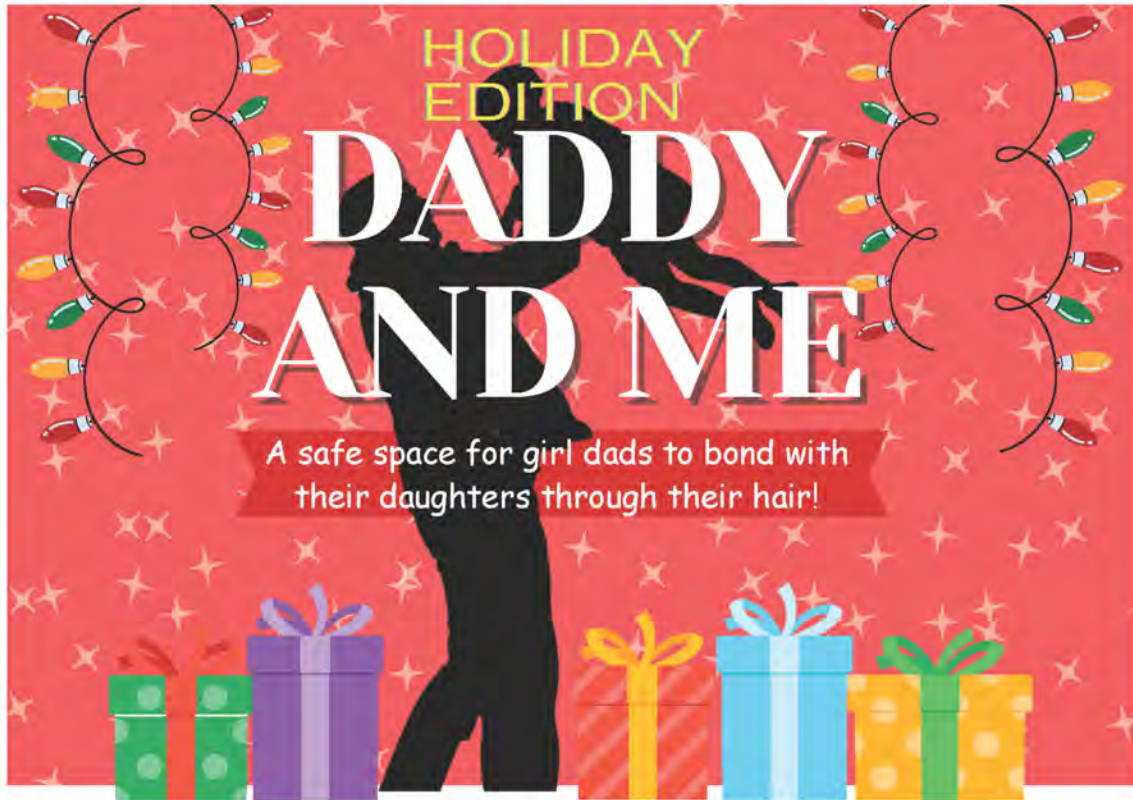
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4-H Youth Development  
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Come and join our Holiday Edition Daddy and Me event  
where girl dads will learn how to style their daughters  
hair for the Holidays!

*Monday, December 4th*

At Fayette County Cooperative Extension Office



**COST: \$5 (tools and products provided)**  
**TIME: 5-6:30pm**  
**ADDRESS: 1140 Harry Sykes Way**  
**SLOTS: Limited to 15**

**Call 859-257-5582 to register**

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# You're Invited

## SOULFUL HOLIDAYS

Healthy Plant Based Cooking Alternatives

..... ❖ .....

**SUNDAY, DECEMBER 10TH 5:00-7:00P**

Please join us for an evening of learning and tasting delicious plant based samples to help you keep "soul food" a part of your holiday menu!

..... ❖ .....

**COST \$5.00**

..... ❖ .....

### EVENT LOCATION:

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

..... ❖ .....

**REGISTER EARLY AS CLASS WILL FILL UP QUICKLY!**

REGISTER ON-LINE:

[HTTPS://FAYETTE.CA.UKY.EDU/CLASSREGISTRATION](https://fayette.ca.uky.edu/classregistration)

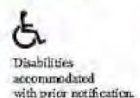
OR CALL THE OFFICE AT 859-257-5582

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## 2023-24 Homemaker Lessons

### Self-Care and Self-Pampering: Training – January 18 at 10:00am

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

### Recognizing and Coping with Trauma after a Natural Disaster: Training – February 29 at 10:00am

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

### A Guide to Beginner Meal Planning and Meal Prepping: Training – March 28 at 6:00pm

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

### Savor the Flavor: Building Flavor with Herbs: Training – April 18 at 6:00pm

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the Fall 2023 Job Club schedule.

The purpose of Job Club is to provide a positive environment for job seekers to meet, connect, share, and learn. Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. Participants may attend online via zoom or at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. In addition, recruiters and employers are always welcome and may have a one-minute spotlight to share active job leads with Job Club attendees.

### Job Club Meeting Schedule: December 12: Applying for State Government: Insights into the Job Application Process

Presented by Rebekah Singleton, KY State Government, Applicant, Veterans, and Recruitment Assistance - Administrative Branch Mgr.

Careers in public service are diverse, interesting, and rewarding. They can allow you to truly make a difference in the communities that you serve. If you have a passion around serving your community while you grow your skills and your career, join the many employees across the Commonwealth who are finding perfect work opportunities and getting the satisfaction of touching lives and making a lasting impact. Please join the Division of Career Opportunities Overview of the external state government application process.

ONLINE ATTENDEES REGISTER HERE:  
<https://bit.ly/JC12122023>

## Butternut Squash and Turkey Chili

2 tablespoons olive oil	1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes	2 (14.5-ounce) cans petite diced tomatoes	1 (15.5-ounce) can white hominy, drained
1 medium onion, chopped	1 cup low-sodium chicken broth	1 (15-ounce) can no-salt-added kidney beans, drained and rinsed	1 (8-ounce) can tomato sauce
4 cloves garlic, minced	1 (4.5-ounce) can chopped green chilies		1 tablespoon chili powder
1 pound ground turkey			1 tablespoon ground cumin
			1/2 teaspoon salt

**Stovetop:** Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

**Electric Pressure Cooker:** Press sauté function. **Add** olive oil and onion; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** garlic and **cook** for 30 more seconds. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

**Yield:** 10, 1-cup servings

**Nutrition analysis:**  
190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



For More Plate It Up Recipes, Visit:  
<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>







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RETURN SERVICE REQUESTED

# Fayette County Extension Family and Consumer Sciences Newsletter

*Maranda Brooks* *Caroline McMahan*  
 Maranda Brooks                      Caroline McMahan  
 County Extension Agents for Family and Consumer Sciences



Fayette County Extension Service  
 1140 Harry Sykes Way  
 Lexington, KY 40504  
 (859) 257-5582  
 Office Hours: 8:00am - 4:30pm - Monday-Friday

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