

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families



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

NOVEMBER 2020

Cooperative Extension Service

Fayette County Extension

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<http://fayette.ca.uky.edu/>

Joy of Giving

Monday, December 14, 2020, is the date to save for the **2020 Joy of Giving** community outreach program sponsored by the Fayette Extension Homemakers Association. Joy of Giving is a community outreach program that targets seniors in local nursing care centers. Each holiday season nursing home residents are invited to join homemaker club members to share holiday food and fellowship. Gifts are provided for residents to select and share with loved ones and friends as well as for personal use. This historic program is unique in its goal to provide community volunteer service to seniors with minimum family support, especially during the holiday season. The following list of items have been approved for donation. The need is great and associate members as well as the general public are encouraged to bring donations to the Fayette County Extension Office **on or before December 7**. All donations will be distributed by a Fayette Extension Homemaker Club at a participating nursing care center. Thank you in advance for your contribution.

Shopping list provided by Activity Directors of nursing homes: Sugar free candy and cookies, diet soda, toiletry items (lotions, soaps (dial/dove)), boxes of facial tissues, any UK items, dolls with clothes to dress them, large word puzzle books, calendars, coloring books/crayons and soft fuzzy blankets, McDonalds gift cards as some nursing homes have outings to eat out or bring in. All clothing requests are for large or extra large - night gowns, pajamas, sweaters, sweat shirts and sweat pants.

We need help from all our Homemaker Clubs and/or any individual whether or not a homemaker members to make this day special for the nursing home residents. We need gifts for about 600 residents (150 men and 450 women) for the nursing homes we serve. Please call Barbara Marcus at (859) 619-7302, if you would like to volunteer, have gifts or wrapping supplies that you cannot bring to us...we will pick up.



Military Missions Collections

Bring your items for donations

November 9-13

This year has we are collecting monetary donations and face masks for Military Missions. Help show your support for those in the military by dropping off donations to the Extension Office. Monetary donations can also be mailed or made online on our Homemaker page: <http://fayette.ca.uky.edu/content/homemakers>, just click the register and pay now button and complete the required information.



Homemakers Serve Others

We are attempting to assess how many COVID-19 masks Fayette Co. Extension Homemakers have sewn and every indication it will be a huge number. Please call the office 859-257-5582 or e-mail: srsmith@uky.edu to report the total number of masks you have sewn.



Fayette County Extension Office

will be closed

November 26 and 27, 2020

for the Thanksgiving Holiday



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

2020-21 Homemaker Member Dues

Annual dues for 2020-21 year will be collected individually this year and are due to the Extension Office by **December 1, 2020**. Members will again receive a membership form in the next lesson materials to complete and return with payment. Thanks to everyone in advance for your support of Ovarian Cancer Research, included in your \$8.00 dues.

Even though club meetings and workshops are not operating as usual, it is still important to renew your membership as these funds enable your association to continue to operate. In the event your club is not collecting extra funds, you may also wish to contribute to annually supported Fayette Co. Extension Homemaker programs: Joy of Giving, Military Missions, Foster Children Luggage Project, Quilts of Valor, the Ronald McDonald House and College Scholarships. We are setting a goal to raise \$1,000 this year to support these special projects. Don't forget to pay it forward by gifting someone a membership. We look forward to your return to classes that provides useful information and fellowship. New this year, you can now pay your dues and/or donate to any other Homemaker project online.

Visit: <https://fayette.ca.uky.edu/content/homemakers>

2020-21 Homemaker Lesson Calendar

The current leader lesson schedule is tentative as are adapting to the needs our audience and shifting to Zoom meeting and/or Facebook live formats due to COVID-19. Currently these lessons are listed in each newsletter with date and registration details. Please note that the programs are available to everyone. All homemaker members will automatically receive lesson materials. Nonmembers will receive these resources if they register through ZOOM.

- November - Meal Kits: Are They Worth It-**Mailed only**
- January - Sensational Salads
- February - Sweet Enough Without All That Sugar
- March - Radon - Why is it Dangerous?
- April - Sharing Meals Together: A Guide to Smarter Potlucks

Did you miss the Digital Estate Planning lesson? You can view on the Fayette County Cooperative Extension (FayetteCoCES) YouTube channel. Links for handouts for previous lessons and video trainings are available on our website:

<http://fayette.ca.uky.edu/content/homemakers>

President's Note

Greetings to all today!

I hope everyone is enjoying this cool and crisp fall weather!

As I mentioned last month—fall is my favorite time of year. Kentucky has such beautiful fall foliage! Winter is coming soon along with the thanksgiving holidays! Leaves are bright and colorful but can be slippery when walking and driving so please be extra careful!

Thanks to all that participated in our membership drive. Please check out the Facebook page to view those that came by for the drive by and received their goody bags! There are still many who have not completed memberships! It is being done a little differently this time since many clubs are not meeting in person. So....please double check and get those in! Thanks in advance to those who have done so already!!!

Also, don't forget gift memberships are still available and there will be a special drawing for those who share in this activity! See information in the newsletter

Continue to enjoy the newsletter information and the wonderful lessons on you tube. While many of us are in and thinking about holiday baking and ideas—there are tons of great lessons on this station.

By now I hope everyone has had the opportunity to:

- ✓ Get your flu shots.
- ✓ Take care of doctor appointments and other pre-winter plans/activities.
- ✓ Had or attended a homemaker meeting through zoom, calls or some contact.

Blessings to all and an early happy thanksgiving!!!

Be safe and be blessed!

Alyce S. Emerson President



Join us for Job Club

The Fayette County Cooperative Extension Service, University of Kentucky (UK) Alumni Association, and UK Human Resources STEPS Temporary Employment are pleased to announce the Fall 2020



Central Kentucky Job Club schedule. In an effort to continue to provide Job Club, an important community resource, while practicing responsible social distancing during the evolving COVID-19 situation, the fall schedule will be offered online via Zoom Webinar. If you would like to engage in Q & A register for the Zoom Webinar with the links provided below. If you would like to view only visit our Facebook Page: <https://www.facebook.com/FayetteCoFCS/>.

The purpose of Job Club is to provide a positive environment for motivated job seekers to meet, connect, share and learn. 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. Job Club is for you if you are a motivated professional and currently out of work, underemployed or looking to make a career transition. In addition, recruiters and employers are always welcome and introduced to Job Club attendees.

For more information, call the UK Alumni Association at 859-257-8905, the Fayette Cooperative Extension Office at 859-257-5582 or UK Human Resources STEPS Temporary Employment at 859-257-9555, Option 2. Additional information including testimonials from former Job Club participants can be viewed at: www.ukalumni.net/jobclub.

Job Club Meeting Schedule:

November 10: Creating and Managing Meaningful Content on LinkedIn (& Other Career-Focused Platforms)

Presented by Drew Giovanazzi, Talent Acquisition Partner, The Forcht Group of Kentucky. REGISTER HERE:

https://uky.zoom.us/webinar/register/WN_Lw72sGQQTDSIoM6UT429Cw

November 24: The Benefits of Working in Temporary Positions

Presented by Nicole Waite, Employment Specialist, UK Human Resources. REGISTER HERE:

https://uky.zoom.us/webinar/register/WN_8MPsN1ssTRuSkdE9H94BRw

December 8: Thriving While Searching for Employment

Presented by Ann M Bassoni, LCSW, UK Work+Life Connections. REGISTER HERE:

https://uky.zoom.us/webinar/register/WN_TtbSDYyuRRyM_Drz4pmfSQ

Big Blue Book Club

UK FCS Extension is excited to invite you to join us for the Big Blue Book Club. Our first book will be the "How of Happiness" by Sonja Lyubomirsky. We will kick off the book club on January 5th at 7:00 pm with Happiness Expert, Dr. Dave Schramm from Utah State University. The book club sessions will be led by our own, Dr. Alex Elswick. When you register for the Big Blue Book Club (by clicking this link <http://ukfcs.net/BBbcRegistration>) you will have the opportunity to choose to participate in the day or evening session. We have a limited supply of books available, so be sure to register early but by November 20th at the latest.



October 19, 2020

December 11, 2020

Please join us for Holidays at Home presented by Family and Consumer Sciences Extension. Each week will feature a theme related to celebrating in the unusual circumstances we are currently experiencing. Through this series, you will learn everything from how to care for yourself so that you can care for others to how to prepare a turkey! Resources will be available from the Fayette County Extension Office each week along with a webinar on every Thursday at 11:00 am eastern/10:00 am central. We're looking forward to celebrating the Holidays at Home and we hope you are too! Building strong families. Building Kentucky. It starts with us.

Series Schedule:

Holiday Budget Buster Close-Up - November 5

All about that Baste: Creating the Picture Perfect Turkey - November 12

Your Holiday Spending Snapshot - November 19

Picture This: Holiday Memorable Moments - December 3

Putting the pieces together: Building your Family Health Portrait - December 10

Join us on Facebook for this weekly series.

<https://www.facebook.com/FayetteCoFCS> or <https://www.facebook.com/UKFCSExt>

Use Less, Spend Wise Challenge

We are all guilty of useless spending and useless consumption habits. However, as many families across Kentucky have less to spend this holiday season, it is becoming increasingly important to learn smarter ways to stretch our dollars and manage our resources. When you couple tighter budgets with pandemic-related supply shortages, this holiday season may look and feel different from years past.

To better manage in these tough times, this November, we are challenging families across the Commonwealth to become more mindful consumers by participating in the Use Less, Spend Wi\$e Challenge. Participants will complete activities designed to help them use less and spend wisely, all while discovering no- and low-cost ways to connect with others.

In honor of Use Less Stuff Day, which is celebrated the third Thursday of November, we invite you to take part in the Use Less, Spend Wi\$e Challenge! This year Use Less Stuff Day falls on Nov. 19, 2020. The informal holiday began as a way to raise awareness of the mindless spending and increased waste generated during the holidays, encouraging Americans to rethink what they buy and use. By changing these consumption habits, we not only help the environment but our wallets and relationships too!

Take the Use Less, Spend Wi\$e Challenge!

START: Complete SIX or more activities from the challenge grid. The challenges are divided by categories: USE LESS, SPEND WISELY, PRICELESS. Visit: <https://www.facebook.com/MoneyWise>

FINISH: Visit our <https://www.facebook.com/MoneyWise> for the official challenge link to note which activities you completed. Submit your entry by **11:59 p.m. EST on Thursday, Nov. 19, 2020 — Use Less Stuff Day!** The first 200 participants will receive a reusable lunch tote to help you **USE LESS** and **SPEND WISELY** on food when you're on-the-go! (One prize per family unit)

"Like" our Facebook page(s), <https://www.facebook.com/FayetteCoFCS> and <https://www.facebook.com/FayetteCoHM> to stay up to date on current programs and educational resources.

Our goal for November is 100 new likes!



Congratulations

To Homemaker Lee M. Clark with the publication of her new book: *It's As God is My Witness* on Amazon, paperback department., for \$7.95.



Cushaw Pie

2 cups cooked and mashed cushaw squash	½ cup brown sugar	½ teaspoon nutmeg
¼ cup butter	2 eggs	¼ teaspoon ground cinnamon
¼ cup sugar	1 teaspoon lemon extract	1 9-inch graham cracker pie shell
	1 teaspoon vanilla extract	

1. To prepare squash: Wash and remove rind from the squash. **Cut** flesh into 1 inch squares.

Steam squash cubes until tender. Drain and mash.

2. Preheat oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.

3. Pour mixture into pie shell.

4. Bake 15 minutes at 400° F.

5. Reduce oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

Yield: 8 slices

Nutritional Analysis: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



For More Plate It Up Recipes,
Visit: <https://fcshe.ca.uky.edu/piukp-recipes>

Give the Gift of Homemakers

Help grow Homemakers: We want to bring new members into our programs and clubs this year.

- Reach out to friends in other clubs, groups, and settings and invite them to your next club meeting.
- Complete this form and return to the address below. Don't forget to include a personal note about how being a member of KEHA has impacted your life. We clip the certificate at the right and send to your recipient.
- Give a 'gift' of membership: Offer to pay the \$8 Homemaker membership fee for a friend.
- Every Homemaker that gives a membership this year will be entered into a drawing for a great gift basket.
- Grow a NEW club! Consider creating a new club with friends at work, church, school, the gym -- wherever you have a bunch of friends. The Office can help you get started.

Questions? Contact the Extension Office.

Fayette County Homemaker Gift Membership

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

E-mail Address: _____

Daytime Phone: _____

Gender: ___ Female ___ Male

Ethnic Group: ___ Hispanic ___ Not Hispanic

Race: ___ White ___ Black
 ___ Asian Other (list): _____

Gift given by: _____

*Please make \$8.00 check payable to:
Fayette County Extension Homemakers*

Return to:

*Fayette County Homemakers , 1140 Harry Sykes Way,
Lexington, KY 40504*



Welcome to

Fayette County
Extension Homemakers Association

I love being a homemaker member because

I know you are going to love being a member, too!

This one-year membership is given by:



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

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

RETURN SERVICE REQUESTED

Fayette County Extension Family and Consumer Sciences Newsletter

Diana Doggett
 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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 AND KENTUCKY COUNTIES, COOPERATING

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