



DECEMBER 2024

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

Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing.

Lesson training on January 28 at 10:00am. Call 859-257-5582 to register.



21st Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

CLARION HOTEL,
 1950 NEWTOWN PIKE,
LEXINGTON, KY

Homemaker Officers/Chairs Needed for 2024-2025

We need to fill the following positions:
 President - Vice President - Secretary - Chairman of Special Committees (ex--Environmental, Leadership Development, Management and safety, Family and Individual development, Joy of Giving, International, Cultural Arts and Food and Nutrition) See your handbooks! Contact the Extension Office if interested!

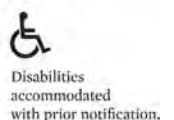
2024-25 Homemaker Lesson Calendar

- A Bad Deal in Disguise: Types of Scams ~ February 24 at 10:00am
- Using Your Air Fryer ~ March 26 at 6:00pm
- Composition in Photography ~ April 24 at 6:00pm

Call (859) 257-5582 to register.



The Fayette County Extension Office will be closed for the Holidays December 25, 2024—January 1, 2025



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

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.

Source: Amy Kostelic, associate extension professor, adult development and aging specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.



For More Plate It Up Recipes, Visit:

<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



Brussels Sprouts Gratin

2 pounds (4 cups) Brussels sprouts	½ cup low sodium chicken broth
6 slices turkey bacon	1 ½ cups skim milk
2 medium onions, diced	1 cup shredded Parmesan cheese (packed)
3 tablespoons butter	1 teaspoon salt
3 tablespoons flour	1 teaspoon black pepper

Preheat oven to 400 degrees F. **Wash** Brussels sprouts and **remove** the outer leaves. Using a paring knife, **score** the core end of each sprout. In a large saucepan over medium-high heat, **boil** sprouts 3-5 minutes or until just tender. In a skillet over medium heat, **cook** turkey bacon until crisp. **Remove** from pan. **Add** the onions to the pan and **cook** until tender, about 5 minutes. **Remove** from pan. **Melt** butter in skillet. **Add** flour and stir until smooth. Using a whisk, slowly **add** chicken broth and milk. **Stir** until thick and smooth. **Add** cheese and **stir**

until smooth. **Add** bacon and onions. **Season** with salt and pepper. **Coat** a 9-by-13 inch pan with non-stick spray. **Place** Brussels sprouts in pan and pour the gratin sauce over the top. **Bake** 25 minutes or until the top is lightly brown.

Yield: 8, ½ cup servings

Nutritional Analysis: 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g sugars, 11 g protein.



Cooperative
Extension Service

SENSORY HOLLY JOLLY PARTY

JOIN US FOR A
JOLLY GOOD TIME!

DEC. 8TH 1PM-3PM

PARTY HIGHLIGHTS:

SPECIAL GUESTS - Ugly Sweater Contest
Sensory Stations- Food & Drinks -
Photo Booth

FAYETTE COUNTY EXTENSION OFFICE
1140 HARRY SYKES WAY
LEXINGTON, KY 40504

Call 859-257-5582 to register.

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

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Disabilities
accommodated
with prior notification.

LIVE ●

Hormone Hot Mess

WORKSHOP

If you or someone you love is experiencing any of the following, you need to be there!



with Dr. Ashley Anderson

- Heavy Periods
- Painful Periods
- Hot Flashes
- Night Sweats
- Irregular Periods
- PCOS
- Low Libido
- Mood Swings
- Fibroids
- Endometriosis
- Perimenopause
- Menopause
- Low Energy
- PMS
- Brain Fog
- Hormonal Acne



**Sunday,
December 8th
4:30pm EST**

**Fayette County
Extension Office
1140 HARRY SYKES WAY
LEXINGTON, KY 40504**

Register on-line:

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

or call the office at 859-257-5582

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HOLIDAY COOKIE WORKSHOP

ITS THAT TIME OF YEAR AGAIN! COME ON OUT AND ENJOY A HOLIDAY COOKIE DECORATING CLASS WITH ME! I WILL HAVE A FEW DIFFERENT HOLIDAY SHAPED COOKIES TO CHOOSE FROM AND WE WILL PRACTICE SOME GENERAL DECORATING SKILLS WITH ROYAL ICING ON A SUGAR COOKIE BASE. SO BRING YOUR SWEET TOOTH FOR THIS FUN EXCITING CLASS.



DECEMBER 18TH & 19TH - 5:30-7:00PM

1140 HARRY SYKES WAY, LEXINGTON, KY

COST: \$5.00 PER PERSON, PER CLASS

You will register for classes individually and may attend one or both

REGISTER AND PAY BY: DECEMBER 16, 2024

Register on-line: <https://fayette.ca.uky.edu/classregistration>

or call the office at 859-257-5582!

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Lexington, KY 40506





UK Cooperative
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Introduction to Knitting

Learn how to cast-on, create the knit stitch, and decrease stitches to create the shape of the finished object. We will be making a simple Christmas tree shape, that you can customize and use as an ornament! Class is open to anyone age 8 and up. (ages 8-12 must be accompanied by an adult)

SATURDAY, DECEMBER 21, 2024

1:00-4:00PM

**1140 HARRY SYKES WAY
LEXINGTON, KY, 40504**



COST: \$5.00 (INCLUDES YARN AND KNITTING NEEDLES)

Space is limited! Register and pay by December 16, 2024
Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call the office at 859-257-5582

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JOIN US FOR... **2025** Calendar Cooking COOKING THROUGH THE CALENDAR

Fayette County Cooperative Extension Office

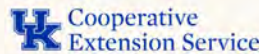
Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

FREE! Registration required.

Register online: fayette.ca.uky.edu/classregistration
or call 859-257-5582

January 9: Split Pea Soup
February 6: Cauliflower Bites
March 6: Crunchy Air Fryer Fish
April 3: Lemon Broccoli Pasta
May 1: Banana Pancakes
June 5: Rice and Bean Salad

July 2: Chicken Burgers
August 7: Slow Cooker Asian Pork Tacos
September 4: Grits, Greens and Egg Bowl
October 2: Cheesy Pumpkin Pasta Bake
November 6: Parmesan Carrot Chips
December 4: Lasagna Soup



Laugh & Learn Playdate

Join our 2025 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

2025 Program Schedule:

1/22	5/21	9/24
2/12	6/25	10/29
3/19	7/23	11/19
4/23	8/27	12/17

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Fayette County Cooperative Extension
1140 Harry Sykes Way
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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



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 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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