



JANUARY 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/>

**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.

Call 859-257-5582 to register.

Celebrating



Join us in celebrating, our exceptional [#KYNEP](https://twitter.com/KYNEP) Educator, Jacquie Denegri! She has been honored with the National Association Teachers of Family and Consumer Sciences Champion for FCS Award for her significant contributions to the field of FCS. Check out Fayette County Nutrition Education Program Facebook Page to discover her innovative nutrition education efforts, and available programs and to congratulate her on this well-deserved honor.



**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!

The Fayette County Extension Office will be closed Monday, January 15, 2024 in observance of Martin Luther King Jr. Day



JOIN US FOR... *2024* 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!

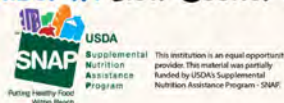
FREE! Registration required.

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



January 16: Savory Winter Pork Stew
February 27: Everything Tuna Melts
March 26: Veggie Egg Rings
April 16: Lentil Sloppy Joes
May 21: Taco Pie
June 18: Fruited Coleslaw

July 16: Quick Couscous Salad
August 20: Peanut Butter Oatmeal Bites
September 24: Ramen Skillet Dinner
October 15: Sweet Potato Hash
November 19: Hearty Harvest Bowl
December 17: Slow Cooker Navy Bean Soup



Laugh & Learn Playdate

Join our 2024 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

2024 Program Schedule:

1/24	4/24	7/24	10/23
2/28	5/22	8/28	11/20
3/27	6/26	9/25	12/11

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Kentucky Proud Evenings is a series of monthly author talks hosted at the Extension Office. Each author is local to Kentucky and is connected to the community and history of the Commonwealth. Each event will have Plate It Up! Kentucky Proud food samples for those attending. Each session is FREE and will begin at 6:00pm. Register on-line: <https://fayette.ca.uky.edu/classregistration> or call the office at 859-257-5582 to register!

February 7, 2024: ***The Hard Side of the River: A Novel of Abolition*** by Johnny Payne

In the pre-Civil War South, an escaped slave and two young abolitionists make an uneasy pact with a former slave tracker in this gritty historical novel. Maysville, Kentucky, 1833. Thirty years before the War Between the States, schoolteacher Dana Curbstone and preacher Cal Fenton have already begun their private war on the institution of slavery. When they conspire to smuggle escaped slave Jacob Pingram across the Maysville River, Pingram's masters dispatch retired slave tracker Dan Baskin to retrieve their human cargo and bring the abolitionists to justice.

But Baskin has his own war to wage. Pingram knows the whereabouts of another former slave, Abejide. And Baskin is determined to learn the fate of the woman he loved and lost. Now everyone, slave and freeman alike, are hurtling toward an electric showdown on the mud-slick banks of the Maysville River from which nobody will escape unscathed.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the 2024 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. Sessions begin at 9:00am.

Job Club Meeting Schedule:

January 9: Aligning Mission, Values and Goals for Career Success

Presented by Amy Gamblin, CCC, CPRW, Associate Director, UK Alumni Career Services

When pursuing a fulfilling career, it's essential to discover a career path that resonates with your authentic self. Whether you are a seasoned professional looking for a career shift or a recent graduate stepping into the job market, the principles are the same. In this session, we will explore how to craft your personal mission, uncover your core values and create a roadmap for goal setting.

ATTENDEES REGISTER HERE:

<https://bit.ly/JC010924>

January 23: 10 Transferrable Skills to Help You Change Careers

Presented by Hallie Crawford, Certified Career Coach, Create Your Career Path

We all know how critical your resume is to your job search or career transition. However, many professionals struggle with crafting their resume effectively, especially if they are unsure how to highlight transferable skills towards a new career direction. Research shows that most hiring managers only spend 10-20 seconds on applicants' resumes, so you have to ensure you make a great first impression - quickly!

How can you make sure your resume stands out and really represents you when you are changing careers? Join our webinar to discover easy ways to make sure your resume gets immediate attention and better results by focusing on your most important transferable skills.

ATTENDEES REGISTER HERE:

<https://bit.ly/JC092324>



Potato Broccoli Soup

4 cups cubed potatoes	3 cups 2% milk	2 green onions, finely
2 heads broccoli, (3-4 cups florets)	¼ teaspoon salt	minced, divided
2 tablespoons olive oil	½ teaspoon pepper	½ cup reduced-fat
¼ cup all-purpose flour	5 ounces cheddar cheese, reduced-fat, shredded	sour cream
½ cup melted butter		¼ cup bacon bits (optional)

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional ½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1¼ cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.



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

2024 Homemaker Lessons

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.

Prevent Dry Skin in the Winter

Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.

- Use creams instead of lotion, particularly on skin that is commonly exposed to the outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.
- Avoid skin and hair products with fragrance. Many products that include synthetic fragrance can cause irritation and make itching worse when skin is already raw or inflamed.
- Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can be additionally drying to your skin, compounding the problem.
- Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter weather can trigger underlying skin conditions that need professional care and prescription treatment.

Reference:

<https://www.aad.org/public/everyday-care/skin-care-basics/care/winter-skin-survival-kit>

Source: Katherine Jury, Extension Specialist for Family Health"

Start the New Year with a Clean Fridge:

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe. Start cleaning your refrigerator by removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a good time to check dates on dairy products and condiments and replace them if necessary.

If you can remove any drawers or shelves, do so and wash with hot, soapy water. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe down with a diluted bleach solution made from 1 tablespoon unscented bleach in 1 gallon of water.

Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.

Keep your refrigerator clean throughout the year by cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also a good practice to wipe down door handles and control dispensers with a disinfecting wipe daily in order to remove bacteria left by hands.

Reference: CDC

<https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>

Source: Annhall Norris, Extension Specialist, Food Preservation and Food Safety"

SAVE THE DATE

Embracing the Next Best Years of Your Life

Join us in person for the 37th annual one-day seminar about how to live your best life as you grow older! Topics will include general health, estate planning, suicide prevention, disaster preparedness at home, and fun & leisure.



May 16, 2024
8:30am-3:00pm
Consolidated Baptist Church
1625 Russell Cave Rd, Lexington, KY

\$10 per person

For more details, visit

<https://www.embracingthenextbestyears.org/>

Basket Class

Tuesday, January 23, 2024 ~ 10:00am

Shelf Storage Basket

This basket is suitable for all levels. This large basket measures 13 X 15" X 8" H basket can be done as shown with X overlay using cane on a 1" cherry wood strip or a centered pattern using a variety of materials. **Cost: \$52.00 for Fayette County Homemaker members OR \$62.00 for non-members.**



SUPPLIES YOU MUST BRING FOR CLASS:

Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. ***PACK A LUNCH/ SNACKS, or bring something to share. You will be working thru lunch. BASKET CLASSES SIZE ARE LIMITED, REGISTER EARLY!***

Please note: Supplies are specially cut for each basket two days prior to class. If you need to cancel your class, please call us 72 hours prior to receive a full refund.

There will be no refund after that time.

NO EXCEPTIONS!

Basket Club Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

<u>Classes</u>	<input checked="" type="checkbox"/>	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>
Shelf Storage Basket		\$52.00	\$62.00
TOTAL FEE DUE:		\$	

Please make check payable to:
Community FCS
and mail to:
Fayette County
Extension Office
1140 Harry Sykes Way
Lexington, KY 40504

PLANNING AHEAD:

BUILDING A TOOLKIT TO HELP
PREPARE YOU FOR CHANGES
THAT ARISE IN LIFE

About this series:

Join Maranda Brooks and special guests in 2024 throughout this 6-month series as they help prepare you for changes that arise in life. As you learn you will build a toolkit that will keep all your resources accessible and in one place! Light refreshments will be provided.

Cost:

\$10.00 for the series

Location:

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

Registration:

Register on-line:

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

OR call the extension office at 859-257-5582

Series Schedule:



Getting Started

Sunday, January 7th 5:00-6:30p



Handling Financial Changes

Sunday, February 18th, 5:00-6:30p



Advance Medical and Legal Directives

Sunday, March 24th, 5:00-6:30p



Estate Planning

Sunday, April 14th, 5:00-6:30p



Choices in End-of-Life Care

Sunday, May 19th, 5:00-6:30p



Final Wishes

Sunday, June 23rd, 5:00-6:30p

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4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

FCS Agent Maranda Brooks and KAPAAW Presents:

MLK EVENING

Featuring special appearances by:



Dinner provided by :

Aunt Peaches' Catering

When: **Wednesday January 10th 5:30p-7:30pm**
1140 Harry Sykes Way Lexington, KY 40504

Cost: \$5

Call Fayette County Extension Office (Call 859-257-5582 to register)

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MAKING THE MOST OF MEDICARE



COME LEARN HOW TO NAVIGATE THE
COMPLEXITIES OF MEDICARE.
DISCOVER ESSENTIAL INSIGHTS &
GAIN CLARITY SO YOU KNOW WHAT
OPTIONS ARE RIGHT FOR YOU.

REFRESHMENTS PROVIDED*

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



JANUARY 11TH 2024

5:30 PM



FOR MORE INFORMATION AND TO RSVP
PLEASE CALL:

BLAKE ANDERSON

859-489-7165

EXTENSION OFFICE

859-257-5582



Bling and Bedazzle Time With Chan

Craving comfort but longing for style? Come to the Fayette County Extension Office and learn how to customize your own crocs and tennis shoes to make them stand out when you step out! Chan is excited to provide you two opportunities and help guide you step-by-step on how to deck out your shoes.



Crocs

Tuesday, January 16, 2024

11:30-1:30p



Tennis Shoes

Tuesday, January 30, 2024

11:30-1:30p

1140 Harry Sykes Way, Lexington, KY 40504



Cost: \$5.00 per class

What to bring: Your own crocs/tennis shoes

Provided: All accessories and other supplies



Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call the office at 859-257-5582

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Cricut™ with Cricut™ Classes Design Space

January 18th & 25th, 5:30PM-7:30PM



Join us for two-hour hands-on classes taught by
Carla Carter, Franklin County FCS Agent.

Build the skills to create with confidence through our
agent-led workshops. Learn the basics of crafting and
how to get the most out of your machine.

Classes to be held at the Fayette County Extension Office:
1140 Harry Sykes Way, Lexington 40504

January 18th: Reusable Canvas Bag

**Skills Learned: Cricut Design Space, Customizing Pre-Built Designs,
Vinyl Cutting, Weeding, Heat Press**

January 25th: Card Making

**Skills Learned: Cricut Design Space Custom Design Creation,
Cardstock Cutting, Weeding**

**Materials participants need to bring: Cricut machine, tools, cutting mats, and
scissors. If you do not have a machine- the office will have two on site for use.**

Cost: \$10.00 per class, which covers the cost of all other supplies

**Register on-line: <https://fayette.ca.uky.edu/classregistration>
OR call the office at 859-257-5582**

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



Homebased Microprocessing Workshop



February 7, 2024

9:30am-2:30pm

Fayette County Extension Office

1140 Harry Sykes Way, Lexington, KY



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

For more information & to register:

ukfcs.net/HBM

or call 859-257-5582

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend

a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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LEXINGTON, KY 40546



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A DIFFERENT WORLD & FCS

Presents

IEP WORKSHOP


DATE: 02/18/2024 TIME: 1pm-3pm

REGISTER ONLINE OR CALL

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

Join us for our workshop with our panelists to discuss IEP's, FMLA, THERAPY SERVICES, INSURANCE COVERAGES, & OTHER RESOURCES



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LEXINGTON, KY 40504

 +1 (859) 257-5582

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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
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 (859) 257-5582
 Office Hours: 8:00am - 4:30pm - Monday-Friday

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