



JULY
2025

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

"KICK-OFF FALL PROGRAM"

"IT'S A SMALL WORLD: A CELEBRATION OF CULTURES" FAYETTE COUNTY HOMEMAKERS

MONDAY, AUGUST 18, 2025 - 6:00 PM

The Fayette County Homemakers are hosting their annual Fall Kickoff event! The theme this year is "It's a Small World: A Celebration of Cultures." We are excited to kickstart our new year with the fall event and we look forward to seeing you at this free event!

Each club decorates their table with a theme from a different country
- contact Caroline (caroline.mcmahan@uky.edu) to sign up for a country so we don't have duplicates of one country.

Food: Mediterranean catered by a local restaurant

****Visit the Cultural Arts displays!!!!

Cost is free! Plan to bring a friend.

RSVP to 859-257-5582 or email: srsmith@uky.edu
by August 13, 2025.

Homemaker Planning Meeting

Upcoming meeting: Fayette County Officer and Chairperson training + 2025-2026 program year planning meeting on August 6th at 12-2pm. Anyone interested in learning more about not just the homemaker positions, but also the program of work for Homemakers at the county, area, and state level is welcome to attend. We will be setting goals for the upcoming year including theme/focus of homemaker programs, volunteer opportunities, and planning ahead for awards and reporting. Please RSVP to FCS Agents so we know how many to expect at this meeting. RSVP to caroline.mcmahan@uky.edu or maranda.brooks@uky.edu or call 859-257-5582.



Electrolytes Explained: What you need to know to stay hydrated in the heat

Staying hydrated is important to keep your energy up, maintain your body temperature, and support some other body functions. Each part of your body benefits from hydration because about 60% of an adult's body weight is from water. Water is the base for all fluids in the body. That includes blood, spinal fluid, and digestive fluids. For many of your bodily functions, water is not acting alone. Electrolytes are found within the many compartments of water throughout the body. They support body functions including maintaining blood pressure, contracting muscles including your heart, and supporting communication between nerves.

Most electrolytes are minerals that have an electrical charge (positive or negative) tied to them when they are dissolved in water. Positively charged electrolytes include sodium, potassium, calcium, and magnesium. Negatively charged electrolytes include chloride. These electrolytes mostly come from food and drinks. Other electrolytes can be made in our bodies.

Our bodies are good at holding a neutral balance of these charges. That means the positive and negative charges cancel each other out. Our kidneys play a major role in this balance. They help to get rid of too many electrolytes through urine. That is one of the main ways we lose fluid each day. Another main source of fluid loss is sweat. Our bodies sweat to help keep our body cool during high activity or high temperatures.

When we lose more fluid than we take in, there is a risk of dehydration. People who do a lot of hard exercise and those who spend long periods outdoors should pay extra attention to their hydration. This includes people who work outside like farmers, producers, contractors, and landscapers. People who sweat a lot may benefit from a sports drink or other electrolyte products. Symptoms of dehydration include dizziness, lack of energy, trouble remembering things, headaches, and muscle cramps. But, people who don't usually do intense exercise or are not outside for long periods often get plenty of electrolytes and levels of hydration from drinking water throughout the day and eating a balanced diet including fruits, vegetables, dairy, grains, and proteins.

Electrolytes are important for hydration, but there is a risk of overdoing it. Many hydration products, like sports drinks and electrolyte packets, have high amounts of these minerals. Too much sodium, which comes from foods and drinks, is a risk factor for high blood pressure and heart disease. The American Heart Association urges limiting sodium consumption to no more than 2,300 milligrams per day. To support heart health, that goal should be closer to 1,500 milligrams or less per day. Some of these electrolyte packets have almost this daily amount in one serving and are marketed as needed for hydration. Recommendations for hydration suggest women need around 9 to 11 cups of water a day and men need 11 to 15 cups a day. An extra 20% of water comes from food choices to further support hydration.

As with anything, too much of something is not always a good thing. There is a risk of overhydration with water. That means the electrolytes in the body become diluted. This is why it is important to drink fluids throughout the day along with a balanced diet to make sure we are getting the nutrients we need in the proper amounts. If you use a product with large amounts of electrolytes, talk about this with your health-care provider. Treat these rehydration solutions as you would vitamins and mineral supplements. They could interact or interfere with other medications or health conditions. If you are feeling symptoms of dehydration, also talk about this with your provider. They might suggest you take some electrolyte supplementation.

No matter what, hydration should be a priority. Most people can meet their electrolyte needs with a balanced diet and regular water intake. Keep the water bottle close by as temperatures start to rise, especially those who are spending more time outside either for work or for fun.

References

Gordon, B. (2022, June 23). How Much Water Do You Need? [Www.eatright.org](https://www.eatright.org/health/essential-nutrients/water/how-much-water-do-you-need).
<https://www.eatright.org/health/essential-nutrients/water/how-much-water-do-you-need>

American Heart Association. (2024, January 5). How much sodium should I eat per day? [Www.heart.org](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day).
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>

Karpinski, C., & Rosenbloom, C. (2017). Sports Nutrition: A handbook for professionals. Academy Of Nutrition and Dietetics.

Sources: Heather Norman-Burgdolf and Anna Cason, Dietetics and Human Nutrition

Traveling with Children this Summer

Traveling with children is different from traveling alone or with other adults. Here are a few tips to help you prepare for fun trips with your children.

Before you go:

Talk about the trip. Start with a conversation about where you're going, why, who you'll see, and what you hope to experience. Explain how you'll travel — car, plane or train — to help build excitement and ease anxiety.

Identify potential challenges. Prepare your children for differences in routines or environments. If you're traveling during hot weather or hiking through nature, discuss safety concerns like drinking water, staying on the trail, and avoiding unfamiliar plants. The goal is to build awareness, not anxiety.

Set behavior expectations. Remind children how to behave in different settings: visiting grandparents, eating in restaurants, or sitting next to a sibling. Simple reminders like, “We keep our hands to ourselves,” or “We don’t ask for candy at the store,” work for all ages. Even adults use this — like telling yourself you’re not going to buy anything not on your list. Speaking expectations out loud helps build self-control.

Get kids involved in packing. Let kids help create a short, simple packing list. It teaches organization and builds excitement. Be patient — they’ll need help.

Entertainment options. Travel is a great time to connect. Start with conversation, then move to games: travel bingo, coloring books, 20 questions, cards, karaoke. Screens are fine, but books, puzzles and word searches are great alternatives.

Plan for delays. Travel with kids typically takes longer. Add 30 to 45 minutes for every 3 hours on the road. Plan pit stops so kids can move, snack and use the bathroom. While this can add time to your travels, it makes for happier travelers.

During your trip:

Stick to routines. Try to maintain regular meal, nap and bedtime schedules. It may take creativity, but it is worth the effort.

Let kids take the lead. Invite your children to make decisions: “Which trail should we take?” or “What do you want to see first?” This builds confidence and keeps them engaged.

Safety. Carry a few basics — water, snacks, flashlight and a small first-aid kit.

Expect meltdowns. They happen, no matter how prepared you are. Expecting a few tough moments helps you stay calm and respond with patience.

After your trip:

Reflect together. Ask your family: What did you love most? Least? What are you glad we did? What would you do again? What will you remember most? These moments build connection and help shape future trips.

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

Attention Homemakers: Volunteer Hours Report

Homemaker members need to send in volunteer hour forms for July 1, 2024– June 30, 2025 by **July 15, 2025**. Please be sure that your total hours are listed on the bottom of the form. Club Vice Presidents, collect and forward all individual club members’ forms to the Extension Office in order for the office to keep track of accumulative hours. Please contact the Fayette County Extension office with any questions.

Thanks so much for your participation in this request!

Hours can now be entered on-line. Visit our website: <https://fayette.ca.uky.edu/homemakers> scroll down and click on Submit Your Homemaker Volunteer Hours. You have the option to enter records by month or by the year.



Fayette County Homemaker Annual Meeting Cultural Arts

Below you will find the listing of the Cultural Arts Categories for the Fayette County Homemaker Cultural Arts Judging Day. All exhibits must be the work of the extension homemakers, completed within the past year.

Entries will be accepted from 9:00 a.m.-12:00noon on Monday, August 18, 2025 for judging. Although there will be attendants at the exhibit and every effort will be made to safeguard the exhibits, there will be no assumption of risk or liability.



The Cultural Arts entries will be on display at the Fayette County Extension Homemaker Kickoff beginning at 5:00pm on Monday evening. Entries can be picked up following the Kickoff or thereafter at the extension office. First place category winners will be eligible for judging at the Bluegrass Area Extension Homemaker Annual Meeting in October.

CULTURAL ARTS EXHIBIT CATEGORIES

*****NOTE CATEGORY CHANGES FOR 2025-26 ARE BOLDED*****

1. SEWING (Apparel & Home Décor), a. Basic Garment Apparel b. specialty Garment Apparel c. Accessory Apparel d. Basic Home Décor e. Specialty Home Décor (b. and e. may include appliqued and quilted)
 2. ART, 3-Dimensional a. Carving b. Sculpture
 3. ART, NATURAL a. Wood b. Other
 4. **Repurposed & Upcycles (MUST include a before picture)** a. Clothing b. Household c. Other
 5. BASKETRY a. Cane (**includes Nantucket**) b. **Wooden Base (excludes Nantucket)** c. Miniature (under 4 inch) d. Novelty e. **Non-Ribbed, Traditional, f. Ribbed, Traditional**
 6. BEADING a. Bead Weaving b. Non-jewelry Item/Wearable c. Miscellaneous
 7. CERAMICS a. Hand-formed b. Molded c. Pre-made
 8. COUNTED CROSS STITCH a. 14 Count & Under b. 16-22 Count c. Specialty Cloth (linens, etc.)
 9. CROCHET a. Accessories b. **Garment** c. Home Décor and Afghans d. Thread, e. **Figurine**
 10. DOLL/TOY MAKING a. Cloth b. Handmade Toy other than Porcelain/China or Cloth c. Porcelain/China
 11. DRAWING a. Pastels b. Pen and Ink c. Pen and Ink with Oil Roughing d. Pencil or Charcoal-Black e. Pencil-Color
 12. EMBROIDERY a. Basic b. Candle Wicking c. Crewel d. Machine e. Ribbon f. Smocking g. Swedish h. Tatting/Lace Making i. Chicken Scratch j. Punch needle (under 60" diameter) k. Miscellaneous
 13. FELTING* a. Needle Method b. Wet Method
 14. HOLIDAY DECORATIONS a. Autumn b. Spring c. Summer d. Winter
 15. JEWELRY a. Beaded b. Mixed Media (wire, chain maille, mixed with beads) c. Original Design
 16. KNITTING (HAND) a. Accessories b. **Garment** c. Home Décor and Afghans d. **Figurine**
 17. KNITTING (OTHER)
 18. NEEDLEPOINT a. Cloth Canvas b. Plastic
 19. PAINTING, ART a. Acrylic b. Oil c. Watercolor
 20. PAINTING, DECORATIVE a. Metal b. Wood c. Other
 21. PHOTOGRAPHY a. Black & White (mounted & framed) b. Color (mounted & framed)
 22. QUILTS** a. Baby-size or Lap-size (hand quilted) b. Baby-size or Lap-size (machine quilted) c. Hand Appliqué (hand quilted) d. Hand Pieced (hand quilted) e. Machine Appliqué (machine quilted) f. Machine Pieced (hand quilted) g. Machine Pieced (machine quilted) h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted) i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted) j. Technology Based (hand or machine quilted) k. Miscellaneous (hand or machine quilted)
 23. PAPER CRAFTING a. Card Making b. Origami c. Quilling d. Scrapbooking***
 24. RUG MAKING a. Braided b. Hooked c. Punch Needled, Rug (over 60" perimeter) d. Woven
 25. WALL or DOOR HANGING a. Fabric b. Other c. Diamond Art Mosaic
 26. WEAVING a. Hand (macrame, caning) b. Loom
 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)
- *All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.
- **Quilts must be completely done by the KEHA member exhibitor. This includes quilting.
- *** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

STYLED WITH PURPOSE PRESENTS:

STYLED FOR CONFIDENCE: DRESS THE PART, OWN THE ROOM

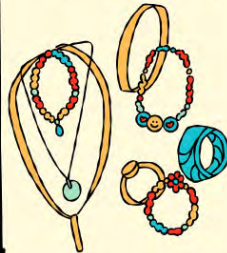
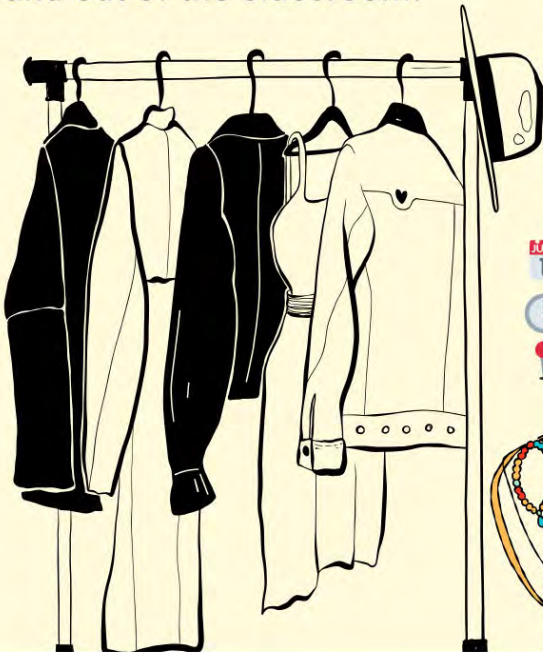
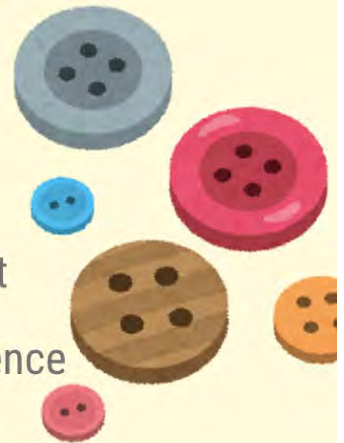
A WORKSHOP FOR 6TH-12TH GRADE

HOSTED BY: GIANNA PEARSON (ACE EXTENSION

SUMMER INTERN)

EMPOWERING YOUTH THROUGH
FASHION AND SELF-ESTEEM

👗🌟 Discover how your
personal style can build self-
esteem, enhance your presence,
and prepare you for success in
and out of the classroom!



WORKSHOP HIGHLIGHTS

- Create your own Power Outfit mood board
- Learn how posture and presence boost confidence
- Walk the runway in your Confidence Walk

 **DATE: WEDNESDAY, JULY 17**

 **12:00 PM – 1:00 PM**

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

SCAN TO SIGN UP

RSVP BY: JULY 10TH



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



Disabilities
accommodated
with prior notification.

Dillard's

 Cooperative
Extension Service

Master Your Look Workshop

Gentlemen's Guide to Dress for Success



Our workshop is designed to educate young men & their father on business etiquette, appropriate dressing for different occasions, and fashion tips.

Text *MasterYourLook*
to RSVP YOUR SPOT
859-227-4667

Saturday, July 26



9am-11am

Breakfast Provided

1140 Harry Sykes Way

**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





FAYETTE COUNTY EXTENSION OFFICE

8TH OF AUGUST

NOURISHING SOUTHERN *Soul* FOOD: EXPLORING HERITAGE RECIPES

With The Food Connection's Chef Tanya Whitehouse
and KYNEP's LaToya Drake

AUGUST 8 2025

11AM - 2PM EST



1140 HARRY SYKES WAY
LEXINGTON KY 40504

REGISTER FOR THIS FREE CLASS HERE:

https://docs.google.com/forms/d/e/1FAIpQLSfFq2GR227bbXdSdTBgoHOAZVDss4dCO7G3pG-iBBs8_19tgQ/viewform?usp=header

Or call the Fayette County Extension Service:
(859) 257-5582

Extension professionals should also register in KERS



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



Disabilities
accommodated
with prior notification.



UK Cooperative
Extension Service

A DIFFERENT WORLD & FCS PRESENTS

COME & JOIN US FOR OUR SENSORY SUMMER CARNIVAL



**SUNDAY,
JULY 13TH**

**1:00PM -
3:00PM**



FREE ENTRY

**FAYETTE COUNTY
EXTENSION OFFICE**

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

**BOUNCE HOUSES, FACE PAINTING,
COMMUNITY PARTNER RESOURCES,
SENSORY GAMES, MUSIC & MUCH
MUCH MORE!!**

**To register call the Fayette County
Extension office at 859-257-5582**

**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 receipt or realization 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, UK Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



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 2025 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

Thursday, August 7th, 5:30-7:30p



Handling Financial Changes

Thursday, September 4th, 5:30-7:30p



Advance Medical and Legal Directives

Thursday, October 2nd, 5:30-7:30p



Estate Planning

Thursday, November 6th, 5:30-7:30p



Choices in End-of-Life Care

Thursday, December 4th, 5:30-7:30p



Final Wishes

Thursday, January 8th, 5:30-7:30p

**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



Disabilities
accommodated
with prior notification.

FCS PRESENTS: SMALL SELF-CARE STEPS

SUNDAY, JUNE 8, 2025



HOMEMADE JAPANESE
FACE MASK

SUNDAY, JUNE 29, 2025



HOMEMADE TEA/TEA
BAGS

SUNDAY, JULY 13, 2025



ESSENTIAL OIL
BATH BOMB

1140 HARRY SYKES WAY, LEXINGTON, KY 40504

We will be introducing you to some fun and economical ways to enjoy self-care. Learn to take small steps towards improving your mental health and overall wellbeing.

Join us for one or all sessions of this series!

Time: All sessions are from 4:30–6:00pm

Cost: \$5.00 per session

REGISTER ON-LINE: [HTTPS://FAYETTE.CA.UKY.EDU/CLASSREGISTRATION](https://fayette.ca.uky.edu/classregistration)
OR CALL THE OFFICE AT 859-257-5582

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



Disabilities
accommodated
with prior notification.

Thursday, July 10, 2-3pm



UK Cooperative
Extension Service



ETIQUETTE 101



HOW TO ARRANGE YOUR DINNER TABLE

Come learn some great table manners tips with Maranda Brooks from the University of Kentucky's Family & Consumer Sciences Extension!

EASTSIDE LIBRARY LARGE MEETING ROOM

Registration is recommended! Open to kids ages 8 and up. For more information, visit lexpublib.org/summer.



**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



SUNSET YOGA AND SOUND BOWL HEALING CLASS

Explore the benefits of sound therapy during a slow
flow yoga class

Sunday July 13

6:30 PM - 7:30 PM



Instructor Terri Warner
@yogabasicswithterri

Fayette County Cooperative Extension Office

1140 Harry Sykes Way
Lexington 40504

\$10 per person
paid via exact cash
or check at the event

To register call 859-257-5582

Please bring a mat, blanket, or props
to help you unwind
Extra supplies available at a first
come first serve basis



Instructor Tybri Jackson
@4theessenceofhealing

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



Disabilities
accommodated
with prior notification.

ARE YOU PREPARED?



In the Face of DISASTER



July 29 - Family and Home

August 26 - Food and Water

September 30 - Financial Management

October 28 - Aging and At-risk Populations

**November 18 - Navigating Trauma After a
Natural Disaster**

Time: 6-8pm

Location: Fayette County Extension

1140 Harry Sykes Way, Lexington, KY 40504

Register online:

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

Kentuckians have experienced firsthand how natural disasters can occur at any time and often with little warning. Disasters take many forms, and we can feel their impacts across most areas of family life. The In the Face of Disaster series will cover the topics below in a 5-part, monthly series in order to educate community members on the importance of disaster preparedness while exploring topics from family and home considerations to how to navigate trauma post-disaster. Attendees will gain knowledge of how to develop their own disaster preparedness plans so that they are ready in the face of a disaster.



**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, marital status, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or result of 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





Social Security Planning Seminar:

What Baby Boomers Need to Know About Their Retirement Income

 Cooperative
Extension Service

Problem:
People are hurting
their retirement by
making costly
decisions about
Social Security.
People Often come
to the issue of
claiming Social
Security with little
knowledge about
how it works.

DISCUSSION TOPIC'S

1. Social Security is inflation-protected income.
2. Your monthly benefit will be reduced if you claim early.
3. Couples should always maximize the higher earners benefit to protect the surviving spouse.
4. If you are widowed you maybe be eligible for survivor benefits.

When: July 15th 5:30-6:30 or November 25th 5:30-6:30

Where: 1140 Harry Sykes Way, Lexington

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

Presented by:
JQ Financial Solutions
Wyatt Finnell
502-432-2480
wfinnell@moneyconcepts.com



DISCLOSURE:

All securities through Money Concepts Capital Corp. Member
FINRA/SIPC JQ Financial Solutions, LLC is an independent firm
and not affiliated with Money Concepts

**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



Disabilities
accommodated
with prior notification.

The Mind Body Connection Series

6:00-7:30pm ~ Fayette County Extension Office



July 10 - Deep breathing and simple meditation

August 14 - Basic standing and seated stretching exercises

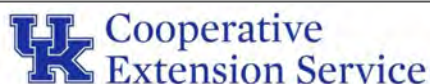
September 11 - Beginner level balance and standing stretches



This series introduces safe, simple meditation techniques, deep breathing methods, and basic standing and seated stretching exercises. This program will introduce you to physical activities and flexibility exercises and you will learn how to release stress and tension when needed. Each session will build on the previous session, and practice of techniques learned is encouraged between sessions.



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



Community Arts

Interest Survey

Fayette County Cooperative Extension wants to hear from you! The newly established Community Arts program is seeking input from individuals as well as local arts-based non-profits and businesses to guide their future programming and partnerships. Scan the QR code below to ensure your voice is heard!



Fayette County Community Arts Agent: Treyton Blackburn
Contact: treyton.blackburn@uky.edu



For More Plate It Up
Recipes, Visit:

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



Farmers Market Squash Sauté

- | | |
|---|---|
| 2 cups whole grain rotini pasta | 2 medium yellow squash, diced |
| 3 boneless chicken breasts | 2 garlic cloves, minced |
| 1 tablespoon olive oil | 2 tablespoons fresh chopped basil |
| 2 medium zucchini, diced | ¼ cup light Alfredo sauce |
| 4 medium carrots, peeled and diced | 2 tablespoons shredded Parmesan cheese |

Cook pasta according to package directions. **Roast** chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes. **Dice** chicken into bite sized pieces. In a large sauté pan, **add** olive oil, zucchini and carrots. **Sauté** until slightly cooked. **Add** yellow squash and garlic and **sauté** until all vegetables are tender. **Remove** from heat and **stir** in basil, diced chicken and pasta. **Add** Alfredo

sauce and **toss** until ingredients are evenly coated. **Reheat** by **tossing** the ingredients in the sauté pan for 3-5 minutes over medium heat. **Sprinkle** with Parmesan cheese and **serve**.

Yield: 8, 1 cup servings

Nutritional Analysis: 230 calories, 7 g fat, 2.5 g saturated fat, 40 mg cholesterol, 210 mg sodium, 27 g carbohydrate, 4 g sugars, 18 g protein.

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

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



This work is supported by the
Expanded Food and Nutrition
Education Program from the USDA
National Institute of Food and Agriculture



UK Cooperative
Extension Service



This institution is an equal opportunity
provider. This material was partially
funded by USDA's Supplemental
Nutrition Assistance Program - SNAP



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:

7/23

9/24

11/19

8/27

10/29

12/17

**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



Disabilities
accommodated
with prior notification.



Vegetarian

101

History, Health and Tips

July 7, 2025 ~ 6:00pm
Fayette County Extension Office

Every day we make choices about what we will eat. Some of us choose foods without much thought. Others make choices based on their health goals. For those electing a plant-based eating pattern, choices might range from foods with no animal connections to those with mostly plant-based foods and minimal animal connections. This program focuses on vegan and vegetarian eating patterns.

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

UNDERSTANDING YOUR CREDIT SCORE

July 14, 2025 ~ 6:00pm
Fayette County Extension Office

Credit scores provide lenders with an estimate of a person's ability to pay back borrowed money. Credit scores affect the ability and cost of obtaining loans, housing, insurance, credit cards, and many other financial transactions. Many factors impact credit scores. Join us for this program to gain the knowledge and understanding of these factors to empower yourself as a consumer to make decisions that positively impact your financial future.



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

Quilting for Beginners

Interested in learning how to quilt?

This three-part class covers the basics of fabric, thread, needles, and rotary cutting, as well as squaring up blocks and quilt assembly, correct seam allowance, proper pressing technique, pinning, marking, basting and machine quilting.

Kits in three different color palettes will be provided. When you're finished, you'll have two placemats OR a pieced table runner!

Skills needed: Be able to thread your sewing machine, wind a bobbin, and sew a straight seam

Supply list will be given at the first class.

Session 1 (July 25, Aug 15 and Aug 22 - 1p-4p or 5p-8p) or
Session 2 (Aug 29, Sept 12 and Sept 26 - 1p-4p or 5p-8p)

Part 1 – Decisions, Decisions! - How to select fabrics, thread, and needles for basic sewing. Select kit for class and cut fabric using rotary cutter and rulers. No sewing machine or supplies needed for the first class. Cutting mats, rulers and rotary cutters provided.

Part 2 – Putting it Together - Sewing strips and squaring up, quilt assembly, marking, and basting. Sewing machine required, basic sewing supplies from provided list.

Part 3 – The Finish Line - Machine quilting, quilt finishes, and make binding. Sewing machine required, basic sewing supplies from provided list.

Session cost: \$50

Minimum number of students: 6 **Maximum number of students:** 12 **Minimum age:** 18



Quilting for Beginners Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

E-Mail: _____

<u>Classes</u>	<u>I will attend</u>	<u>Cost</u>
Session 1 (July 25, Aug 15 and Aug 22 - 1p-4p)		
Session 1 (July 25, Aug 15 and Aug 22 - 5p-8p)		
Session 2 (Aug 29, Sept 12 and Sept 26 - 1p-4p)		
Session 2 (Aug 29, Sept 12 and Sept 26 - 5p-8p)		
TOTAL FEE DUE:		\$

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



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

NONPROFIT ORG
US POSTAGE PAID
LEXINGTON KY
PERMIT 112

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

UNIVERSITY OF KENTUCKY, KENTUCKY STATE
UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE,
AND KENTUCKY COUNTIES, COOPERATING



facebook.com/FayetteCoFCS
facebook.com/FayetteCoHM

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.