



**MAY  
2025**

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/>

# YOU'RE INVITED!

## 2025 FAYETTE COUNTY EXTENSION HOMEMAKER ANNUAL MEETING

**MAY 21, 2025, 6:00PM  
FAYETTE COUNTY EXTENSION OFFICE**

The Fayette County Homemakers are hosting their annual meeting!

The theme this year is "Weathering the Storm."

Cameron Sellers, Disaster Preparedness Educator and the Kentucky State University Mobile Disaster Unit will be on site along with some

disaster preparedness guest speakers.

We look forward to seeing you there!



Catering by City BBQ  
Cost: \$15



Clubs bring a basket for the Basket Raffle to support our scholarship program.

Clubs can decorate their table beginning at 2:00pm.

Bring flood relief donations.

Attendees will be entered for a chance at an emergency prep kit valued at over \$80.

Make check payable to: Fayette County Extension Homemakers

Return to: Homemaker Annual Meeting, 1140 Harry Sykes Way,  
Lexington, KY 40504

Registration Deadline: May 14, 2025

### Fayette County Homemakers Annual Meeting Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_

Club \_\_\_\_\_ Associate Member \_\_\_\_\_

#### 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.

## Spring cleaning for your mental health

*Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being*

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
5. **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

## In the Face of Disaster Classes

Saturday, May 10<sup>th</sup> at 2pm at Beaumont Library - In the Face of Disaster: At-risk and Aging Populations

Disaster can strike at a moment's notice. Therefore, it is important to have a plan and know in advance what to do in case of an emergency. This is especially true for older adults and people with disabilities. People with access and functional needs or disabilities face a special challenge when staring down a natural disaster. Their needs do not go away in a state of emergency. As a result, preparedness planning requires more considerations.

Classes are free. Contact Caroline McMahan at 859-257-5582 with questions. Register through the Beaumont Library on their website (<https://www.lexpublib.org/locations/beaumont-branch>) or contact adult programmer Ezra Nix, email: [enix@lexpublib.org](mailto:enix@lexpublib.org)

## Foster Care Sewing Project

June 21, 2025, 9:00am

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 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!

A poster titled "Vegetarian 101" with a light green background. The title "Vegetarian" is in a large, dark green, cursive font. Below it, "101" is in a smaller, orange, sans-serif font. Underneath "101", the words "History, Health and Tips" are in a dark green, cursive font. The poster is decorated with various vegetable illustrations: a green leaf in the top left, a red tomato in the top center, a red bell pepper in the top right, a purple and orange onion in the middle left, a green leafy vegetable in the middle right, a green leafy vegetable in the bottom left, a green leafy vegetable in the bottom center, and a carrot in the bottom right.

# Vegetarian

## 101

### History, Health and Tips

May 12, 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>



# 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](http://fayette.ca.uky.edu/classregistration)  
or call 859-257-5582

**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**



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](mailto:caroline.mcmahan@uky.edu)

## 2025 Program Schedule:

5/21

6/25

7/23

8/27

9/24

10/29

11/19

12/17

**Cooperative  
Extension Service**

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

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Lexington, KY 40506



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# 4-PART IN-PERSON SERIES

5:30-7:30 p.m. May 8, 15, 22 & 29

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

 Cooperative  
Extension Service

THIS NATIONALLY  
ACCREDITED DIABETES  
EDUCATION SERIES IS  
FREE.

REGISTRATION IS REQUIRED  
FOR THIS FREE PROGRAM.

ASK HOW YOU CAN BE ELIGIBLE FOR A  
\$30 GIFT CARD!

## HEALTHY LIVING AND DINING *with diabetes*

Grillin' with  
Balance:  
A Sizzle for  
Healthier  
Living

- Learn new information, tools and skills to manage your diabetes every day.
- Work with a diabetes care and education specialist to set and track goals.
- Practice how to fit diabetes care into all parts of your daily life.
- Sample a cooking-on-the-grill recipe each week!

**Please contact Nancy Hiner**  
at 859-288-2344 to sign up.

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*Join us for a*

**UK** Cooperative  
Extension Service  
Fayette County Office

# *Tea Party!*



*Hosted by Woodford, Fayette, and  
Jessamine County Extension Offices!*

*This will be a 2-day event! Friday evening, you will be learning  
table etiquette and prepping your very own homemade pastries.  
Saturday, you will arrive and get to put your etiquette skills  
to test as we have a lovely tea party and get to enjoy your  
homemade pastries that you made Friday evening!*

*Dress in your best tea party attire on Saturday!  
Please call the Jessamine Co. Office at (859)885-4811 to  
register! Limited Space.*

*Friday, May 9th  
5pm-7:30pm  
and  
Saturday, May 10th  
10am-12:30pm*

*Jessamine County  
Extension Office  
95 Park Drive  
Nicholasville, KY  
40356*

Cooperative  
Extension Service  
Fayette County Office  
1000 University Avenue  
Fayetteville, KY 40505  
Phone: (859) 885-4811

MAHON CENTER COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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**UK** Cooperative  
Extension Service

# Kicks & Glam Sensory Prom

Where Glamorous Gowns Meet Stylish Sneakers

**DATE: SUNDAY, MAY 18, 2025**

**TIME: 1:00 PM – 3:00 PM**

**LOCATION: FAYETTE COUNTY**

**EXT OFFICE**

**1140 HARRY SYKES WAY**

**LEXINGTON, KY 40504**

**Dress Code:**

**Formal with Sneakers**

**FOR MIDDLE & HIGH**

**SCHOOL STUDENTS ONLY**



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

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Disability  
accommodated  
with prior notice

# BUSINESS CLIMATE LUNCH AND LEARN



**Monday**

May 19, 2025



**Time**

12:30 - 2:00 PM



Fayette County Extension Office  
1140 Harry Sykes Way, 40504



Join us for this FREE learning opportunity for entrepreneurs, businesses and business owners that you won't want to miss. Lunch will be provided while we discuss:

- Entrepreneurial business supports
- BRE – trying to retain current employees
- Recruiting workforce for existing businesses

**Register to attend today!**

Register on-line:

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

or call the office at 859-257-5582



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Let's dance to the rhythm of our souls

# Afrobeat

## What you will learn

- \*Foot work
- \*Body movement.
- \*Amapiano
- \*Skelewu
- \*Lots more



Feel the rhythm of the motherland

## Presented By:

Safari Entertainment, Lexington KY

Join us in this 45 minute of movement.

We will open with stories and close with reflections

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

**Wednesdays, June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>  
from 5:30-6:30pm**

**Cost:** \$5 per person per session

**Bring:** A water bottle, towel, and good footwear

Register on-line for each date you wish to attend:

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

or call the office at 859-257-5582

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# 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**

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# **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 may be eligible for survivor benefits**

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## When and Where:

### **When:**

**May 27th 5:30-6:30**

**July 15th 5:30-6:30**

**November 25th 5:30-6:30**

### **Where:**

**1140 Harry Sykes Way  
Lexington, KY 40504**

### **PRESENTED BY:**

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



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

### **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



# The Mind Body Connection Series

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

**June 12** - Introduction and exercise practice for adults

**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>

## CREATING WELCOMING COMMUNITIES



**June 26, 2025 ~ 6:00pm**  
**Fayette County Extension Office**

The demographic makeup of Kentucky is changing. Our communities are improved by initiatives and strategies that build the capacity of local community members as the social and cultural fabric of the state evolves. To better prepare community members for service and community stewardship, Creating Welcoming Communities seeks to engage participants in better knowing their own culture and in gaining respect for culturally related strengths.



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



**UK** Cooperative  
Extension Service

**May 15, 2025**  
**8:30am-3:00pm**

**Clarion Hotel**  
**1950 Newtown Pike**  
**Lexington, KY**

Join us in person for the 38th annual one-day seminar about how to live your best life as you grow older!

**High on Life: A Clinical Update on Medicinal Cannabis**

**Lauren Bojarski, DO, MS**

**Understanding AI**

**Rick Sellnow**

**Dream Big, Plant Small**

**Beau Spicer Jr.**

**Vision Screening**

**Sarah Jackson**

**Healthy Habits for Brain Health**

**April Stauffer, Meredith Plant, Maranda Brooks**

**Oh the Places We Can Go!**

**Martha Duncan**

**Nutrition for Older Adults**

**Anna Cason, RD, LD, Heather Norman-Burgdolf, PhD**

**Preparing, Planning and VA Benefits**

**Grant Bolt, CFSP**

**Melodies for the Mind: Music and Healthy Aging**

**Nora Veblen, MM, MT-BC, Chelsea Gibbs, MT-BC**

**Come join  
the fun!!**

**You won't  
want to  
miss this  
day of  
learning!**

**Registration Deadline:**  
**May 5, 2025**

For complete registration forms and to register online visit:

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

**Call: (859) 257-5582 to have the program packet mailed.**





For More Plate It Up  
Recipes, Visit:

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



## Dijon Chicken Asparagus Roll Ups

<b>3 tablespoons</b> Dijon mustard	<b>2 teaspoons</b> dried thyme	<b>4</b> skinless, boneless chicken breast halves (about 5 ounces each)
<b>½ cup</b> low fat mayonnaise	<b>2 teaspoons</b> black pepper	<b>4</b> slices skimmed mozzarella cheese
<b>1</b> lemon, juiced (approximately 3 tablespoons)	<b>½ teaspoon</b> salt	<b>1 cup</b> panko bread crumbs
	<b>16</b> spears fresh asparagus, trimmed	

**Preheat** oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings  
**Nutritional Analysis:**  
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

## FCS CLASSES

### Basket Coiling Workshop ~ May 20, 2025 ~ 10:00am-4:00pm

Come learn the ancient process of basketry! Coiling involves combining wrapping a core material and sewing. We will be working with long-leaf pine needles, cotton thread and beeswax. Your instructors, Michelle Lane, Alyssum Pohl, and Linda Lane have made over 450 baskets between them. They will speak about the indigenous history of this style of basketry, how to process pine needles if you forage them yourself, and multiple stitch designs as we all work on our baskets together. Please bring: pair of scissors, and a pair of pliers (optional). Class limited to 12 individuals. In this class, you will start your basket (similar to shown in the photo), and will have skills to finish the basket on your own or during make-up classes. There is a choice of three different basket bases, please let us know which you prefer (#1, #2, or #3). You will learn the V-Stitch, Wrapping, and Diagonal-Stitch and a Back Stitch. Cost \$45. Materials will be included



**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!**



## FCS Class Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

<u>Classes</u>	<input checked="" type="checkbox"/>	<u>Cost</u>
Basket Coiling Workshop - May 20 at 10:00am		\$45
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

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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



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