



NOVEMBER 2023

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

Savor the Flavor



Seasoning with Spices

Should I buy whole versus ground spices? Which are the best ones to have on hand while cooking? You may hear often that spices are a great way to add flavor without additional sodium and fat, but how? Join us for this lesson where we will learn about various spices, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

Join us on for this lesson on November 30, 2023 at 10:00am. *We look forward to seeing you!*



Homemaker Membership - Join/Renew by November 30!

If you have not already done so, now's the time to renew your membership! You can do this by:

- Filling out the form on the membership brochure (available at the Extension office or download from the Homemaker website, (<https://fayette.ca.uky.edu/content/homemakers>) and sending a check to the Office.
- Completing the form online at the Homemaker Website, and paying online with a credit card.
- Come to the Office in person.
- Coordinate with your club treasurer as they collect dues.

You can also use this opportunity to make a donation to our many upcoming projects, including Military Missions, Joy of Giving, and the Homemaker Scholarship.

Finally, consider a gift membership to encourage a friend to join Homemakers! Let's see if we can DOUBLE our Fayette County Homemaker membership this year!

Happy
Thanksgiving

The Fayette County Extension Office will
be closed for the Thanksgiving Holiday
November 23 & 24, 2023





2023 Joy of Giving

Joy of Giving is a community outreach program that targets seniors in local nursing care centers. We need help from all our Homemaker Clubs and/or any individual to make this day special for the nursing home residents. The number of needed gifts include 600 residents (150 men and 450 women) for the nursing homes we serve. Due to the pandemic, gifts will be distributed to local nursing homes by designated volunteers only.

If you would prefer to make a monetary donation mail a check to the Extension Office or donate online:
<https://fayette.ca.uky.edu/homemakers>

Gifts are provided for residents to select and share with loved ones and friends as well as for personal use. This historic program is unique in its goal to provide community volunteer service to seniors with minimum family support, especially during the holiday season. The following list of items have been approved for donation. The need is great and associate members as well as the public are encouraged to bring donations to the Fayette County Extension Office **on or before December 1**. All donations will be distributed by a Fayette Extension Homemaker Club at a participating nursing care center. Thank you in advance for your contribution.

Shopping list provided by Activity Directors of nursing homes: Large print word searches, Toiletries- body wash and lotions for both men and women, Gloves/ scarves and toboggan sets for both men and women, Costume Jewelry, Potato chip clips, Stationary to write notes/ letters, Toys for Kids- to shop for gift for grandkids/ great grandkids, Baby dolls and baby doll clothing, Pens, Readers- any strength, Cd's of gospel music, Sweatshirts and sweaters- for men and women size large, XL and 2X, Bird seed, Books/ magazine/ Bible- Large print, any readers digest or westerns Socks - for men and women light in color so that staff can mark them



Military Missions Collection

The Fayette County Extension Homemakers are collecting items for Military Missions care packages to deployed military personnel. Please drop off any donation to the Fayette County Extension Office, 1140 Harry Sykes Way by November 17.

DONATION LIST FOR CARE PACKAGES:

CANDY: INDIVIDUALLY WRAPPED, NO CHOCOLATE

Hard candy, mints, gum, Starburst, Fireballs, Twizzlers, fruit snacks, gummies, Skittles, M&Ms, Tootsie Rolls, Lifesavers

SNACKS: SINGLE-SERVING SIZE

Slim Jim, beef jerky, cookies, crackers, trail or Chex mix, sunflower seeds, snack bar (any kind), Rice Krispie Treats, nuts

PROTEIN ITEMS: CANS/POUCHES

Tuna, Chef Boyardee, chicken breast, Vienna sausage, turkey breast, Beanee Weenee

DRINK MIXES: SINGLE SERVING PACKS

Coffee, tea, hot cocoa mix, Crystal Light

PERSONAL CARE ITEMS: Baby Wipes (no tubs), lip balm, nasal spray, eye drops, lens wipes, dental floss, toothbrush, pocket tissues, feminine hygiene items. Travel size: shampoo, lotion, foot powder, toothpaste, hand sanitizer, sunscreen

MISCELLANEOUS: Puzzle books, playing cards, pocket bibles, Ziploc bags (snack, sandwich, quart sizes), socks (crew or calf length, black or white)

CARDS: *Buy a box of cards, sign them, and write a short personal note of thanks to our troops *Write personal letters to be included in our packages *Make handmade cards (non-holiday)

MONETARY DONATIONS: Donate for postage either by mailing a check to the Extension Office or online: <https://fayette.ca.uky.edu/homemakers>

Thank you in advance for your contribution.



A Different World & FCS Presents

Sensory Friendsgiving



Sunday 11/12
1pm-3pm

Sensory Fun • Crafts • Food • Games

Please RSVP by calling the Fayette Co. Extension Office
859-257-5582

1140 Harry Sykes Way, Lexington, KY 40504

**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.



BE A DIABETES A.C.E.

(ACTIVE. CONFIDENT. EDUCATED.)

Join us to develop effective strategies to enhance your diabetes control and review practical tips you can use in your everyday life.

Register early – space is limited!

If you, or a friend, or loved one have type 1, type 2 or prediabetes, you don't want to miss this event hosted by the UK Barnstable Brown Diabetes Center. Our highly qualified experts will walk you through how you can live your best life while managing diabetes. **Be a Diabetes A.C.E.** is designed for people both with a newer diagnosis of diabetes as well as those who have had diabetes for many years.

Session content:

- Learn practical tips to eat healthy, deal with stressful situations, manage your medications and be more active.
- Participate in safe exercises that you can replicate at home.
- Learn about the latest medications for treating diabetes.
- Develop strategies for coping with diabetes.
- Learn about glucose sensors, insulin pumps and other state-of-the-art technologies.

If you have questions about diabetes, don't miss this opportunity to meet and interact with UK HealthCare's diabetes experts.

A healthy lunch will be provided.

Class date

November 10, 2023
8:30 a.m. – 2 p.m.

This event will be FREE.

Location

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

Free parking is available. Enter through back doors.

Registration

Spaces are available on a first-come, first-served basis. Registration is required. To register, please scan the QR code or call 859-257-5582.



Funding and support provided by UK HealthCare's Healthy Kentucky Initiative. In collaboration with:



CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

TRIPLE CROWN MANAGEMENT

**MAKING THE MOST OF
MEDICARE**

**COME JOIN US AND LEARN HOW TO
NAVIGATE MEDICARE'S ANNUAL
ENROLLMENT PERIOD WITH EASE**

REFRESHMENTS PROVIDED

Fayette County Extension Office

1140 Harry Sykes Way

Lexington, KY 40504

November 6TH, 2023

5:30 PM - 7:00 PM

**FOR MORE INFORMATION
AND TO RSVP PLEASE CALL:**

Blake Anderson
859-489-7165

Extension Office
859-257-5582

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Holiday Cake Decorating Class

It's that time of year again! We hope everyone who joined last year for the cocoa bomb class comes out again to the Fayette County Extension Office at 1140 Harry Sykes Way to learn basic decorating skills for the holiday season!

Sunday, December 3, 5:30–7:00p– Cupcake Decorating
Wednesday, December 13, 5:30–7:00p – Cake Decorating

Fee per class: \$5.00

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



**For questions contact: Lachaesconfections@yahoo.com
or text/call 859-346-7734**

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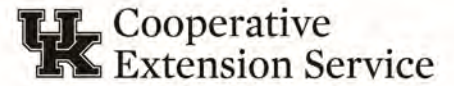
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BEGINNERS AMERICAN SIGN LANGUAGE (ASL) CLASS

Lead: Taja Brown



UK Cooperative
Extension Service

Cost:
\$5.00 for
series

Class Dates:
November 6, 13, 20,
& 27 at 5:00 pm

Join us every Monday in
November at the
Fayette County Extension
Office- 1140 Harry Sykes
Way, Lexington, KY
40504

What You Will Learn:

- Alphabet
- Numbers
- Colors
- Basic Phrases

Register on-line:

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

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You're Invited


SOULFUL HOLIDAYS

Healthy Plant Based Cooking Alternatives

..... 

SUNDAY, DECEMBER 10TH 5:00-7:00P

Please join us for an evening of learning and tasting delicious plant based samples to help you keep “soul food” a part of your holiday menu!


..... 

COST \$5.00

..... 

EVENT LOCATION:

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

..... 

REGISTER EARLY AS CLASS WILL FILL UP QUICKLY!

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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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!

Tuesday, November 9, 2023: Brittany Ross, Dangerous Hope. In Dangerous Hope, Brittany's own testimony of bravery and determination through her battle with multiple unexplained miscarriages and infertility will help you to find the courage to stop running from your emotions, release yourself from worldly expectations, and become free from the burdens you've been bearing. It's time to lean into the dangerous hope that you were created to feel, and truly begin to heal.

2023-24 Homemaker Lessons

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.

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 18 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.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the Fall 2023 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. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. Participants may attend online via zoom or at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. In addition, recruiters and employers are always welcome and may have a one-minute spotlight to share active job leads with Job Club attendees.

Job Club Meeting Schedule

November 14: Positive Employability Presented by Diana Doggett, MS, Family and Consumer Sciences Extension Specialist, UK

Having the technical skills and knowledge to successfully execute your job duties is only one part of being the best you can be in the workplace. In addition to these "hard" skills, we also need "soft" skills, those skills which allow us to effectively work with others. Identify how to use empathy, professionalism, and communication to build effective workplace relationships. Learn how attitudes, self-confidence, and the ability to network affect job candidate and/or employee success.

ONLINE ATTENDEES REGISTER HERE:

<https://bit.ly/JC111423>

November 28: The Cure for Imposter Syndrome

Presented by Kristin LaFontaine, Co-Founder, Owner, LaFontaine Preparatory School

Imposter syndrome is a common experience for job seekers. It can manifest as feelings of inadequacy, self-doubt, and fear of being exposed as a fraud. This can lead people to undersell themselves, avoid applying for jobs they are qualified for, or settle for lower-paying positions. Kristin will explore the impact imposter syndrome can have on anyone during their job search. She will help attendees learn how to identify imposter syndrome in themselves and others, and how to overcome it. Kristin will also share practical tools that will help build confidence and achieve their career goals.

ONLINE ATTENDEES REGISTER HERE:

<https://bit.ly/JC112823>

Holiday Online Shopping Savvy

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with <https://> web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

Source: Kelly May, senior extension associate



For More Plate It Up
Recipes, Visit:

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



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¼ cup low-fat vanilla Greek yogurt	Topping:	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup brown sugar	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	½ cup ground rolled oats	½ teaspoon cinnamon
2 eggs		1 tablespoon maple syrup	½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



Laugh and Learn

Laugh & Learn

Playdate

Join our 2023 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

2023 Program Schedule: 12/13



Cooperative Extension Service

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

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Disabilities accommodated with prior notification.

JOIN US FOR... ²⁰²³ 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

**November 29: Slow Cooker Buffalo Chicken
Stuffed Sweet Potatoes**



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



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



USDA
Supplemental
Nutrition
Assistance
Program
Putting Healthy Food
Within Reach

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

Basket Classes

Tuesday, November 28, 2023 ~ 10:00am

Namaste and Square Candy Basket Set

Namaste Basket is 2 1/2" by 4 1/2" in pink/green combo using space-dyed Reed and the Candy Basket is 6x6" and done in shades of pink as well. Shades of blues/teal with spaced-dyed Reed also available. Please indicate color selection when registering. This basket is suitable for all levels.

Cost: \$50.00 for Fayette County Homemaker members OR \$60.00 for non-members.



SUPPLIES YOU MUST BRING FOR BASKET CLASSES:

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: _____ E-Mail: _____

<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>
Namaste and Square Candy Basket Set		\$50.00	\$60.00
Indicate color choice: _____ Pink/Green _____ Blue/Teal			
TOTAL FEE DUE:		\$	

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

Quilting Classes

Crumb Quilting Class December 2, 2023—10:00am

Don't know what to do with all the beautiful scraps you have from your quilting projects? This is the class for you!!! We will be combining scrap pieces of fabric to create beautiful scrappy blocks that will become an amazing quilt! Bring all your scraps to use or to share with your classmates. You can use your own scraps to create your quilt or if you want more variety, you can put some or all of your scraps in the community pile to work from. We will divide these at the end of the class so you can continue working on your blocks at home. I will be sharing the techniques for crumb quilting in this class and there will be LOTS of time for creating your blocks! Everyone will have the opportunity to share and inspire each other with their creativity. This quilt is SO MUCH FUN! And SO easy! This quilt class for adults 18 years and older will be taught by Jennifer Walker. Cost: \$25.

Supplies Needed: Sewing Machine, Neutral color thread, Scissors/thread snips, Rotary cutter, Iron, Ironing mat, Straight edge ruler (9 in square or larger preferred, but any straight edge will work) **SCRAPS!** (Quilting fabric only, please—scrap pieces must be at least 1"x 1" minimum; no upper limit on size)



Learn to Quilt—Part 1 November 8, 15, 21, 29, December 6—6:00pm

This class is for the beginner quilter—whether you've never sewn anything or you have tried quilting and felt overwhelmed, this class is for you! We will be covering the basics, from machine settings, fabric selection, measuring and cutting fabric, sewing a quarter inch seam, nesting seams and so much more! Our project will be made from 5 inch squares (please—no precuts!) and will be a gingham quilt. We will discuss fabric requirements during our first meeting.

5 Weeks, learning all the steps to piecing a quilt top (Part 2 will cover basting, quilting and binding).

Supplies:

- Sewing machine
- Matching thread
- Scissors/thread snips
- Quarter inch sewing foot
- Quilting ruler (at least 6 inches)
- Rotary cutter
- Cutting mat
- Iron
- Ironing mat
- Seam ripper
- Straight pins



This class will be taught by Jennifer Walker. Cost: \$80.

Quilting Class Registration Form

Name: _____ Phone: _____

Address: _____ City: _____

Zip: _____ E-Mail: _____

<u>Classes</u>	✓	<u>Cost</u>
Crumb Quilting Class		\$25.00
Learn to Quilt		\$80.00
TOTAL FEE DUE:		\$

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



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

NONPROFIT ORG
 US POSTAGE PAID
 LEXINGTON KY
 PERMIT 112

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

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

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

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