

November 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/



Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

Lesson training on November 26 at 10:00am. Call 859-257-5582 to register.

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 pay 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!



The Fayette County Extension Office will be closed for the Thanksgiving Holiday November 28 & 29, 2024

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.





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 15.

DONATION LIST FOR CARE PACKAGES:

CANDY: INDIVUALLY 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://favette.ca.ukv.edu/homemakers

Thank you in advance for your contribution.



2024 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. 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 November 26. 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

Homemaker Officers/Chairs Needed for 2024-2025

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

FCS CLASSES

Sweetness Basket ~ November 26, 2024 ~ 10:00am-4:00pm

This is a beautiful small basket measuring 7" inches across with a woven base, a square handle and woven in natural and space dyed Reed. Shaping is the challenge so if you are a tight weaver come prepared. Cost: \$48 Advanced Beginner level. Instructor Mary McAllister.



Lexington, KY 40504



Stitches Basket ~ December 3, 2024 ~ 10:00am-4:00pm

This basket is woven on a wood base and measures 5" X 8" 10" tall. Woven in natural, smoke and your choice of either cranberry or avocado green. Push-in handle included. Lashing in cane or natural. Cost: \$48 Advanced beginner. Instructor Mary McAllister.

SUPPLIES YOU MUST BRING FOR BASLET 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!

FCS Class Registration Form

Name:		Phone:		
Address:	Cit	y:	Zip:	
E-Mail:				
<u>Classes</u>	√	Cost	Please make check	
Sweetness Basket Class ~ November 26 at 10:00am	•	\$48	payable to:	
Stitches Basket Class ~ December 3 at 10:00am Cranberry Avocado Green		\$48	Community FCS and mail to: Fayette County	
TOTAL	FEE DUE:	\$	Extension Office 1140 Harry Sykes Way	

CALENDAY 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 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:

12/11

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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SAVE THE DATE





21st Annual Bluegrass Regional **Grandparents Raising** Grandchildren Conference

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

CLARION HOTEL, 1950 NEWTOWN PIKE, LEXINGTON, KY

2024-25 Homemaker Lesson Calendar

- Nutrients: Supplements and Macronutrients ~ January 28 at 10:00am
- A Bad Deal in Disguise: Types of Scams ~ February 24 at 10:00am
- Using Your Air Fryer ~ March 26 at 6:00pm
- Composition in Photography ~ April 24 at 6:00pm Call (859) 257-5582 to register.



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



Pumpkin Apple Muffins

11/4 cups all-purpose flour 11/4 cups whole-wheat flour

11/4 teaspoons baking soda 1/2 teaspoon salt

11/2 teaspoons ground cinnamon

1/2 teaspoon ground ginger 1/2 teaspoon ground

nutmeg 11/4 cups honey

2 large eggs

11/2 cups fresh pureed pumpkin 1/2 cup canola oil 2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, combine flours, baking soda, salt and spices. In a small bowl, combine honey, eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper lined muffin cups, two-thirds full. Bake for 25 to 30 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

COOPERATIVE EXTENSION



A Shot of Prevention: What You Need to Know **About Adult Vaccines**



How do vaccines affect my body?

Which vaccines are right for me?

What should I consider before getting vaccinated?

You have questions- we have answers!

Date: Monday, November 11, 2024

Time: 12:30-2:00p (Lunch will be provided)

Location: Fayette County Extension Office

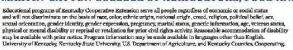
1140 Harry Sykes Way, Lexington, KY 40504

To RSVP: Call 859-257-5582 by November 7, 2024

Cooperative **Extension Service**

Lexington, KY 40506

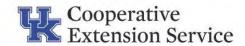
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







TRIPLE CROWN MANAGEMENT PRESENTS:

MAKING THE MOST OF

COME JOIN US AND LEARN ABOUT THE **CHANGES FOR 2025 & HOW TO NAVIGATE MEDICARE'S ANNUAL ENROLLMENT PERIOD**

REFRESHMENTS PROVIDED

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

> November 13th, 2024 5:30 PM - 7:00 PM

FOR MORE INFORMATION AND TO RSVP PLEASE CALL:

Blake Anderson 859-489-7165

Extension Office 859-257-5582

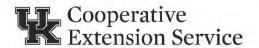
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How do I qualify for WIC?

You need to; receive Medicaid, food stamps, KTAP and/or have a household income at or below 185% of poverty

Who is WIC for?

WOMEN who are pregnant, breastfeeding, or have given birth in the last 6 months. **INFANTS** from birth to one year of age **CHILDREN** one year of age to their 5th birthday

What does WIC provide?

- · Nutrition education
- · Supplemental Foods
- · Health Services

Do you think a child in your care is eligible?

Tuesday, November 19th, 2024 12:30-2:00pm

Join us for a free lunch to learn to hear more about the WIC program and what it offers! Lunch will be provided.



1140 Harry Sykes Way, Lexington, KY 40504

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

Cooperative Extension Service

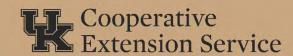
Agriculture and Natural Resources physical or mental dis Family and Consumer Sciences may be available with University of Kentuck Community and Economic Development Lexington, XY 40506

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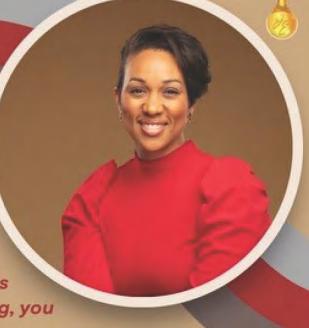






WORKSHOP

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



with Dr. Ashley Anderson

- Heavy Periods
- Painful Periods
- Hot Flashes
- Night Sweats
- Irregular Periods
- PCOS
- Low Libido
- Mood Swings

- Fibroids
- Endometriosis
- Perimenopause
- Menopause
- Low Energy
- PMS
- **Brain Fog**
- Hormonal Acne

Sunday,
December 8th
4:30pm EST

Fayette County Extension Office

1140 HARRY SYKES WAY LEXINGTON, KY 40504

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Steps to Transition from Renting to homeownership!!



FREE WORKSHOPS

REFRESHMENTS WILL BE
PROVIDED

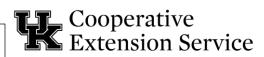
SUCCESSFUL RENTING TO HOUSING: THURSDAY, NOVEMBER 14, 2024 6:00 PM - 7:30 PM

HEALTHY CREDIT LUNCH AND LEARN THURSDAY, DECEMBER 5, 2024 12:30-2:00 PM

FAYETTE CO. EXTENSION OFFICE 1140 HARRY SYKES WAY LEXINGTON, KY 40504

SPACE IS LIMITED REGISTER TODAY!

Call here to register: 859-455-8057 extension 22



LEARN ...

THE PROS AND CONS OF RENTING VS OWNING

IMPORTANCE OF STRENGTHENING YOUR CREDIT SCORE

LEARN ABOUT THE COSTS INVOLVED

KNOW YOUR MORTGAGE
OPTIONS AND YOUR
HOMEBUYING TIMELINE

LEARN IF YOU ARE READY TO START THE TRANSITION

Let us help you with the education and information needed to achieve your homeownership dream!



HUD-APPROVED HOUSING COUNSELING AGENCY (859) 455-5087

www.reachky.org

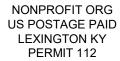
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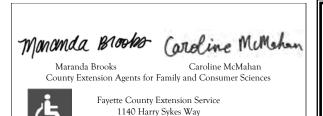




Fayette County Cooperative Extension 1140 Harry Sykes Way Lexington, KY 40504

RETURN SERVICE REQUESTED

Fayette County Extension Family and Consumer Sciences Newsletter



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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