



OCTOBER 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/>

Autumn Health Concerns

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference: <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>

Source: Katherine Jury, Extension Specialist for Family Health

Planning Thrifty and Healthy Holiday Meals: Training

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

Join us for this lesson on October 23, 2023 at 10:00am. Please RSVP to 859-257-5582.



UK Cooperative Extension Service

Slow Cooker Savvy:

Make your best meals

Join us for slow-cooker tips and tricks this Fall. Get the best results from your slow cooker. Find out how to layer ingredients in the cooker and how to avoid common pitfalls. Plus, discover new ways to use your slow-cooker (think dessert!) for dishes that satisfy and impress.

Date: Wednesday, October 11th
Time: 11a-12p
Cost: Free

Call the Extension Office to register
859-257-5582




2023-24 Homemaker Lessons

Savor the Flavor: Seasoning with Spices: Training – November 30 at 10:00am

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 spices 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.

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.



job club
KENTUCKY

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 October 10: Show Up and Show Out - Interviewing and Job Search in 2023

Presented by Arthur Hughes, Executive Client Partner, Heller DeLand Group

Job search and talent acquisition in 2023 is changing rapidly. Increased competition, fewer jobs, and AI in job search are making what is already difficult even more challenging. Discover the new and the next in job search and how to leverage technology, networking, and personal branding to communicate your professional value proposition throughout your job search confidently.

ONLINE ATTENDEES REGISTER HERE:

<https://bit.ly/JC101023>

October 24: Job Search Best Practices: Essentials for Finding the Right Fit

Presented by Stacy Miller, Director of Extension UK Human Resources

This presentation will provide attendees with tips and strategies for crafting an effective resume and finding their ideal job. We will discuss the importance of tailoring your resume to the specific job you are applying for, and explore best practices for job searching, including leveraging professional social media networks, preparing for job interviews and avoiding common pitfalls.

ONLINE ATTENDEES REGISTER HERE:

<https://bit.ly/JC102423>



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, October 10, 2023: Farrah Alexander, Resistance in the Bluegrass: Empowering the Commonwealth Kentucky is more than just bourbon, basketball, and BBQ. This book is a celebration of the engaged citizens who have made and continue to make a difference across the Commonwealth.

An equal opportunity organization

FAYETTE COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.

go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION



For More Plate It Up Recipes, Visit:

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



Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1¼ teaspoons baking soda	1¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

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 ¼ 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.

Introduction to Dance Series:

A series of truly beginner dance classes for adults

Taught by Kaitlyn King, a Dance Major at the University of Kentucky, in collaboration with Maranda Brooks of the Fayette County Extension Office

Beginner Ballet

Sunday, October 8th: 5:00-6:00

This class will focus on basic ballet technique and fostering creativity through movement. We will learn beginner ballet steps and then work on putting them together to create simple movement phrases.

Introduction to Modern Dance and Creative Movement

Sunday, October 29th: 5:00-6:00

This class will have a Halloween theme with a modern and contemporary dance focus. We will move through some basic movements and practice creative movement as well as improv.

Come out to the Fayette County Extension Office at 1140 Harry Sykes Way to experience free fun introductory dance courses to foster creativity and get your body moving. No experience necessary!

Wear clothes to move in!

Register on-line:

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

or by phone at 859-257-5582!

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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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.

**A DIFFERENT WORLD & FCS
PRESENTS**



SENSORY HALLOWEEN

GLOW PARTY

10/8/2023

1pm-4pm

Treat Booths • Costume Contest • Food • Games

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

1140 Harry Sykes Way, Lexington, KY 40504

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Lexington, KY 40506



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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

OCTOBER 9TH, 2023

5:30 PM - 7:00 PM

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

BLAKE ANDERSON

859-489-7165

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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: 10/26 - 11/29 - 12/13



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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

October 25: Italian One Pot Pasta and Beans
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



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

WARRIORS AT EASE YOGA CLASS



Yoga for Veterans, Service Members,
and their spouses

October 29th 2pm

Cost: Free

Host: Kaitlin Bullock

Where: Fayette County Extension Office

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

HEALTH | RESILIENCE | CONNECTION

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Lexington, KY 40506



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When: October 29th, 3-4pm

Investment: \$5

Where: Fayette County
Extension Office

Go to:

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

or call the office at
859-257-5582

to register!

YOGA FOR MOMS

From rookie to pro, all levels are welcome to join this tribe of mamas. Connect with other like-minded moms while your little ones make new buddies too.

Get ready to stretch your muscles and find your zen with this mind-body practice that will leave you feeling grounded and at ease. No need to worry about noisy kids, we're all in the same boat in this judgement free zone.



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Basket Classes

Tuesday, October 24, 2023 ~ 10:00am

Muffin Basket

This basket is suitable for all levels. This 8" rd. muffin basket will give the student lots of twinning experience and a chance to perfect this skill. Also refresh the technique for making a round base. Color trim with reed and dyed beads in the center area will be the accent and colors will be teal or brown. Specify choice. **Cost: \$35.00 for Fayette County Homemaker members OR \$45.00 for non-members.**



Sarah's Split Twill Basket

The basket is woven on a 8" x 11" rectangle wood base with handle attached. This sturdy low basket is made using a twill design (sides step-up on each row). Difficulty level is medium+ because spacing is very important!! and design requires attention throughout. **Cost: \$50.00 for Fayette County Homemaker members OR \$60.00 for non-members.**



Some kits of each will be available for purchase to take home if desired. Please let us know if you would like a kit for both baskets.

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!

Beginner

Weavers have little or no weaving experience having woven only a few baskets. They need more practice with basic weaving techniques, bases and shaping. These weavers are becoming proficient in basic weaving techniques, including over/ under weaving, start/stop weaving, twining, and rim lashing. They are learning to control shape and will be introduced to new pattern weaves such as twill, different twining methods, and rim and handle finish variations. **Please Note: Additionally, if you consider taking a class in a material you have never used, you will be considered a beginner in that class.**

Intermediate weavers

Weavers have gained proficiency in weaving techniques. They can begin with ease and have mastered several weaving techniques. They do not have difficulty setting up bases, twining, completing over/under weaves and creating rims using the materials offered in a class.

Advanced weavers

Weavers are proficient. They have mastered weaving techniques and are ready to take on more challenging projects. Teachers are confident these students have achieved this skill level when attending class. Basic skills are not reviewed due to time constraints. These weavers can design baskets on their own but require new challenges.

Basket Club Registration Form

Name: _____ Phone: _____

Address: _____ City: _____

Zip: _____ E-Mail: _____

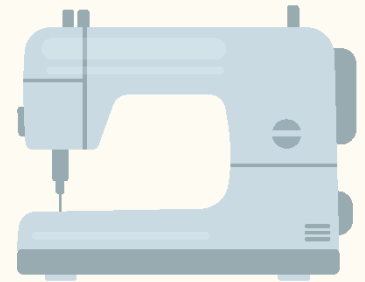
<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>
Muffin Basket		\$35.00	\$45.00
Sarah's Split Twill Basket		\$50.00	\$60.00
I would like to purchase a kit for other basket not selected above		\$85.00	\$95.00
TOTAL FEE DUE:		\$	

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

Zippers, Pockets, Hems and More

 Cooperative Extension Service

Sundays, October 15 - November 19 - 4:30-7:30pm
December 3, 10 & 17 - 1:00-4:00pm



Intermediate class, must know how to thread a sewing machine, make and insert bobbin and basic machine stitches. A supply list will be sent upon registration and supplies will be minimal with most fabric provided.



In this class we will cover the foundational techniques for inserting 3 different Zippers, 3 types of Pockets and various techniques for straight and curved Hems. This class focuses on students making a sample notebook of the various techniques to use as a guide for future sewing projects. Class size minimum 6 and Maximum is 12. Cost \$100 for the 9 week series.



Instructor: Loretta Haley



Register on-line: <https://fayette.ca.uky.edu/classregistration> or mail in registration form below with payment.

Zippers, Pockets, Hems and More Registration

Name _____ Email address _____

Mailing Address _____ City _____ Zip _____

Phone _____ I will: Bring my own sewing machine Need to use a sewing machine

Make \$100 check payable to: Community FCS Program

Mail to: Sewing Classes, Fayette County Extension, 1140 Harry Sykes Way, Lexington, KY 40504

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RETURN SERVICE REQUESTED

Fayette County Extension Family and Consumer Sciences Newsletter

Maranda Brooks *Caroline McMahan*

Maranda Brooks Caroline McMahan
County Extension Agents for Family and Consumer Sciences



Fayette County Extension Service
1140 Harry Sykes Way
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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