


**FAMILY &
CONSUMER
SCIENCES**



Creating Healthy & Sustainable Families

 **Cooperative
Extension Service**

**OCTOBER
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/>

Homemaker Lesson Training **UNDERSTANDING MEDICARE AND MEDICAID**

Understanding the in and outs of government health insurance plans can be difficult. With this lesson we hope to help you navigate details and answer any questions you may have to help you make the an informed decision regarding the best plan for you.



Call to register:
859-257-5582

Date: October 21, 2024

Time: 10:00am

Location:

Fayette Co. Extension Office
1140 Harry Sykes Way
Lexington KY 40504

SAVE THE DATE

3

19

25

GAP

Grandparents As Parents of Kentucky

21st Annual Bluegrass Regional
Grandparents Raising
Grandchildren Conference

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

CLARION HOTEL,
1950 NEWTOWN PIKE,
LEXINGTON, KY

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!

**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.

Big Blue Book Club

“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. Register at <https://ukfcs.net/BBBClaundry>.

As is our custom, the first 200 registered participants will receive a free copy of the book. However, you will be able to engage with this session whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.

Registration is required to receive the Zoom link.

There will be a watch party/viewing of the Zoom on Thursday, November 7, 2024 beginning at 7:00pm at the Extension Office. Light refreshments will be provided. Call 859-257-5582 to register.

BIG BLUE BOOK CLUB

LAUNDRY LOVE
FINDING JOY IN
A COMMON CHORE
PATRIC RICHARDSON
with Karin S. Miller

THURSDAY
NOVEMBER
7
2024

VIA
ZOOM

7:00 PM
EASTERN /
6:00 PM
CENTRAL

REGISTER @ <https://ukfcs.net/BBBClaundry>

UK Cooperative Extension Service | Family and Consumer Sciences

JOIN US FOR... **2024**
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 15: Sweet Potato Hash
November 19: Hearty Harvest Bowl
December 17: Slow Cooker Navy Bean Soup



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



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 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:

10/23
 11/20
 12/11

Cooperative Extension Service

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

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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!

November 12, 2024: Forever Belle: Sallie Ward of Kentucky by Randolph Paul Runyon
 Forever Belle is the intriguing story of a nineteenth-century socialite, Sallie Ward Lawrence Hunt Armstrong Downs (1827–1896). Beautiful, charming, and kind—but also reckless and bold—she was born in Scott County, Kentucky, to a family of means beset by tragedy—early deaths, suicides, and even murders. Sallie basked in the national spotlight, appearing in newspapers as far-flung as Milwaukee and Charleston, written up for her exploits, which included such scandalous behavior as smoking cigars, dressing in “Turkish pantalets,” wearing rouge, and getting divorced.

2024-25 Homemaker Lesson Calendar

- How to Get Out of a Mealtime Rut ~ November 26 at 10:00am
- 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-it-kentucky-proud>



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	½ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		½ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

Empowering Independence and Safety Day



Join us on October 18th to learn from health & safety professionals how to live safely & independently in your community.

Preregistration required for attendees & caregivers

Register here: <https://bit.ly/octsafetyday>

Who?

Anyone who has an intellectual or developmental disability and community members wanting to learn about technology safety, relationship safety, disaster preparedness, and fire safety.

When?

Friday, October 18th 8:45am-3pm

Where?

Fayette County Extension Office
1140 Harry Sykes Way



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.



UK Cooperative Extension Service



Join us for a

SENSORY SPOOK

Tacular PARTY



October 27th
1PM-3PM

**SENSORY FUN • COSTUME
CONTEST • SNACKS •**

Call 859-257-5582 to
REGISTER



**FAYETTE COUNTY EXTENSION OFFICE
1140 HARRY SYKES WAY
LEXINGTON, KY 40504**

**Cooperative
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Agriculture and Natural Resources
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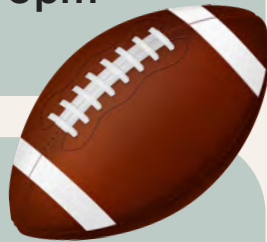
HEART HEALTHY GAMETIME GRILLING

Come out to learn about different grilling techniques, equipment, and safety while tasting some delicious samples from local producers. While you learn, enjoy watching some football and enter for special giveaways!



EVENT DATES:

- **November 2, 2024 – 2:00–4:30pm**
Charcoal Grill
- **November 3, 2024 – 12:00–2:30pm**
Electric Grill
- **November 4, 2024 – 6:30–9:00pm**
Smoker



COST:

\$5.00 per person per session
(Paid at time of registration)

LOCATION:

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

TO REGISTER ONLINE:

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

 Cooperative
Extension Service



 HealthCare
BARNSTABLE BROWN
DIABETES CENTER

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



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TRIPLE CROWN MANAGEMENT PRESENTS:

MAKING THE MOST OF MEDICARE

**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**

**Cooperative
Extension Service**

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FCS CLASSES



Easy Egg Basket ~ October 22, 2024 ~ 10:00am-4:00pm

This is the perfect learner egg basket - making a God's Eye, inserting ribs, weaving in the ribs and turning back. These are the basics we will learn using dyed and natural reed on 2 8 inch round hoops. Instructor Mary McAllister. Cost: \$54.

English Paper Piecing Hand-Sewing Class ~ October 23, 2024 ~ 4:30-7:30pm

In this hand-sewing class, attendees will learn four English Paper Piecing stitching methods. Additionally, you will be able to ask questions and learn sewing information and tips that are not easily found online. Join us as we continue the art of slow stitching and create something beautiful in the process. All supplies are provided in the class but you may also bring fabric from your own stash. Instructor Ashley Nguyen. Cost: \$25.



Sweetness Basket ~ November 26, 204 ~ 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.



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: _____ City: _____ Zip: _____

E-Mail: _____

<u>Classes</u>	<input checked="" type="checkbox"/>	<u>Cost</u>
Easy Egg Basket ~ October 22 at 10:00am		\$54
English Paper Piecing Hand-Sewing ~ October 23 at 4:30pm		\$25
Sweetness Basket Class ~ November 26 at 10:00am		\$48
Stitches Basket Class ~ December 3 at 10:00am ____ Cranberry ____ Avocado Green		\$48
TOTAL FEE DUE:		\$

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



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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

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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