



FEBRUARY 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/>

**Recognizing and Coping with Trauma
After a Natural Disaster
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.

Call 859-257-5582 to register.

**Foster Care Sewing Project
February 23, 2024, 9:00am-3:00pm**

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 pre-cut, 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!

Safe Handling of Cooked Rice

Have you ever heard that it's not safe to reheat rice? That may be true if you did not properly cool the cooked rice. Rice, along with other grains, can have spores of the bacteria *Bacillus cereus*. These spores can survive the cooking process and lead to foodborne illness if the food is not handled properly. Improper cooling or sitting at room temperature for more than two hours can allow spores to germinate and produce a toxin. This toxin is what makes people sick, causing nausea, vomiting, and abdominal cramps.

It is important to keep cooked rice out of the danger zone, 40 degrees F to 140 degrees F. This means that you should keep cooked rice hot (above 140 degrees F) until served and cool any leftovers rapidly to 40 degrees F or below. Do not let rice sit out on the counter. The longer cooked rice is at room temperature, the more likely it is that toxins can make the rice unsafe to eat. Place cooked rice in shallow containers without lids and put immediately in the refrigerator. Once cool, cover the containers and store no more than five days.

You can safely reheat properly cooked and cooled rice in the microwave. Place the rice in a microwave-safe container and add a little water or broth. Cover with a lid so the rice can steam. Heat until the internal temperature of the rice is 165 degrees F. Use a food thermometer to be sure. Discard any leftovers and do not reheat more than once.

For more information on safe food handling contact your local Extension office.

Reference: Preventing Foodborne Illness: *Bacillus cereus*

<https://www.nifa.usda.gov/sites/default/files/resource/Preventing-Foodborne-Illness-Bacillus-cereus.pdf>

Source: *Annhall Norris, Extension Specialist, Food Preservation and Food Safety*"



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



January 16: Savory Winter Pork Stew
February 26: Everything Tuna Melts
March 28: Veggie Egg Rings
April 17: Lentil Sloppy Joes
May 21: Taco Pie
June 18: Fruited Coleslaw

July 16: Quick Couscous Salad
August 20: Peanut Butter Oatmeal Bites
September 24: Ramen Skillet Dinner
October 15: Sweet Potato Hash
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:

1/24	4/24	7/24	10/23
2/28	5/22	8/28	11/20
3/27	6/26	9/25	12/11

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



Cooperative Extension Service

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



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!

February 7, 2024: ***The Hard Side of the River: A Novel of Abolition*** by Johnny Payne

In the pre-Civil War South, an escaped slave and two young abolitionists make an uneasy pact with a former slave tracker in this gritty historical novel. Maysville, Kentucky, 1833. Thirty years before the War Between the States, schoolteacher Dana Curbstone and preacher Cal Fenton have already begun their private war on the institution of slavery. When they conspire to smuggle escaped slave Jacob Pingram across the Maysville River, Pingram's masters dispatch retired slave tracker Dan Baskin to retrieve their human cargo and bring the abolitionists to justice.

But Baskin has his own war to wage. Pingram knows the whereabouts of another former slave, Abejide. And Baskin is determined to learn the fate of the woman he loved and lost. Now everyone, slave and freeman alike, are hurtling toward an electric showdown on the mud-slick banks of the Maysville River from which nobody will escape unscathed.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the 2024 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. Sessions begin at 9:00am.

Job Club Meeting Schedule:

February 13: Read Between the Lines: 10 Professional Development Books That Mean Business

Presented by Ryan Farley, Extension Agent for 4-H Youth Development, University of Kentucky Cooperative Extension

Finding and reading the right personal development books is one way to accelerate your growth and build the capacity to help you land your next job. There are so many books out there but who has the time to sift through them all. In this session discover 10 notable books, ranging in topics from habit-building to event planning, and how they can help you stretch yourself to better prepare for your ideal career!

ATTENDEES REGISTER HERE: <https://bit.ly/JC021324>

February 27: From Manual Typewriters to Artificial Intelligence: We Can Do Anything!

Presented by Susan Dunlap, Executive Director, Office of Public Affairs, Kentucky Cabinet for Health and Family Services

Throw out some of the advice you may have been given about searching for a job if you're mid-career or getting closer to sunseting your career. Advice such as, "Don't reference the year you graduated from college in your resume. It will 'date' you" can be short-sighted. Join us and find out why there might be a better approach; what it is and receive fresh tips for landing your next career stop.

ATTENDEES REGISTER HERE:

<https://bit.ly/JC022724>



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



Jalapeño Poppers

4 ounces reduced fat cream cheese	1 teaspoon garlic powder	8 large jalapeño peppers
1 tablespoon grated Parmesan cheese	¾ cup shredded reduced fat mozzarella cheese	8 pieces, thinly sliced bacon, cut in half

Preheat oven to 425 degrees F. In a small bowl, **mix** together the cream cheese, Parmesan cheese, garlic powder and mozzarella cheese. **Wash** peppers and **cut off** stems. **Cut** peppers lengthwise to make 16 halves. You may want to wear plastic gloves while handling hot peppers. **Scrape** out the seeds and membrane of each pepper. **Stuff** each pepper half with the cream cheese mixture and **wrap** each stuffed pepper with

a half piece of bacon. Lightly grease a broiler pan or pan with a rack. This will allow any grease to fall away from the poppers. **Bake** for 20 minutes or until poppers are hot and juicy and the bacon is browned.

Yield: 16 servings

Nutritional Analysis: 60 calories, 4 g fat, 2.5 g saturated fat, 5 mg cholesterol, 180 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugars, 5 g protein.

2024 Homemaker Lessons

A Guide to Beginner Meal Planning and Meal Prepping: Training – March 28 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.

LEXINGTON-FAYETTE COUNTY
DIABETES
Expo



Save the Date!

10am-2pm
Saturday, April 27

1140 Harry Sykes Way • Lexington, KY

UK Cooperative Extension

859-257-5582



Attention HOMEMAKERS

VOLUNTEERS NEEDED

Bluegrass Council of the Blind

We are looking for dedicated volunteers to help sort fresh produce once a month to handout to clients with low to no vision. Please help make a difference in the lives of those in need.



For more information please call our office.
(859)257-5582 and ask for Jacqui Denegri

Homebased Microprocessing Workshop



February 7, 2024

9:30am-2:30pm

Fayette County Extension Office

1140 Harry Sykes Way, Lexington, KY



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

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

For more information & to register:

ukfcs.net/HBM

or call 859-257-5582

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Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

MAKING THE MOST OF MEDICARE



COME LEARN HOW TO NAVIGATE THE
COMPLEXITIES OF MEDICARE.
DISCOVER ESSENTIAL INSIGHTS &
GAIN CLARITY SO YOU KNOW WHAT
OPTIONS ARE RIGHT FOR YOU.

REFRESHMENTS PROVIDED*

FAYETTE COUNTY EXTENSION

OFFICE 1140 HARRY SYKES WAY

LEXINGTON, KY 40504



February 08, 2024

5:30 PM



FOR MORE INFORMATION AND TO RSVP
PLEASE CALL:

BLAKE ANDERSON

859-489-7165

EXTENSION OFFICE

859-257-5582



Valentine's Day Daddy & Me

Plan a date to remember forever! Come and join our valentines day event! Dads will spend time with their daughters making them look and feel beautiful.



FEBRUARY 13
TUESDAY | 6:30PM- 8PM

1140 Harry Skyes Way

COST: \$5

SLOTS: Limited to 10

Call 859-257-5582 to register

Hosted By: Carpe
Diem Curls from
Posh Salon and
Spa



K A P A A W P R E S E N T S



THE



Martin-Gatton
College of Agriculture,
Food and Environment

2024

BLACK HISTORY

MONTH YOUTH TALENT EXHIBITION BRUNCH

SATURDAY FEBRUARY 17TH

12 PM - 1:30 PM

WE ARE SEEKING YOUTH PERFORMERS

Email kapaaw16@gmail.com to sign up, deadline is February 10th



SCAN ME

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.



A DIFFERENT WORLD & FCS

Presents

IEP WORKSHOP

DATE: 02/18/2024 TIME: 1pm-3pm

REGISTER ONLINE OR CALL

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

Join us for our workshop with our panelists to discuss IEP's, FMLA, THERAPY SERVICES, INSURANCE COVERAGES, & OTHER RESOURCES



 1140 HARRY SYKES WAY
LEXINGTON, KY 40504

 +1 (859) 257-5582

Cooperative Extension Service

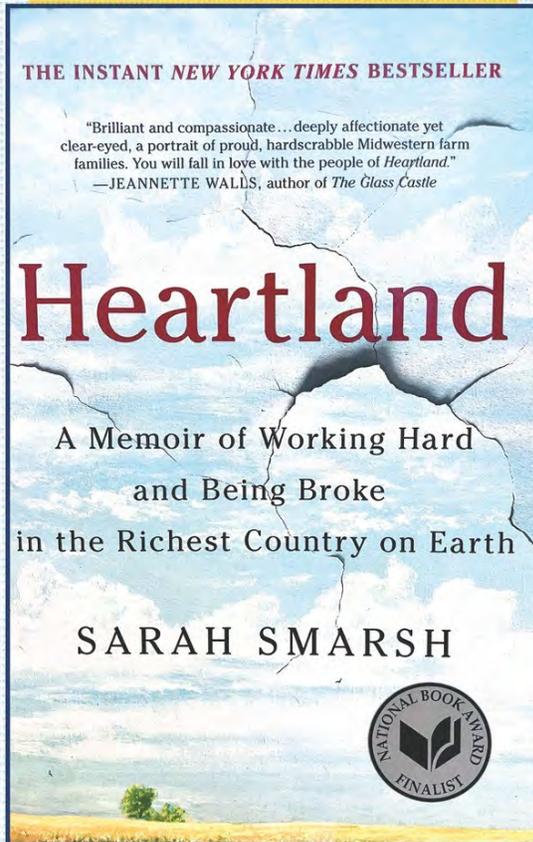
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WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country* on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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Lexington, KY 40506



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PLANNING AHEAD:

**BUILDING A TOOLKIT TO HELP
PREPARE YOU FOR CHANGES
THAT ARISE IN LIFE**

About this series:

Join Maranda Brooks and special guests in 2024 throughout this 6-month series as they help prepare you for changes that arise in life. As you learn you will build a toolkit that will keep all your resources accessible and in one place! Light refreshments will be provided.

Cost:

\$10.00 for the series

Location:

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

Registration:

Register on-line:

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

OR call the extension office at 859-257-5582

Series Schedule:



Getting Started

Sunday, January 7th 5:00-6:30p



Handling Financial Changes

Sunday, February 18th, 5:00-6:30p



Advance Medical and Legal Directives

Sunday, March 24th, 5:00-6:30p



Estate Planning

Sunday, April 14th, 5:00-6:30p



Choices in End-of-Life Care

Sunday, May 19th, 5:00-6:30p



Final Wishes

Sunday, June 23rd, 5:00-6:30p

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Lexington, KY 40506



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Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

2.6 MILLION

First Aiders who have chosen to be the difference in their community.

Monday, March 11, 2024

9:00a-4:00p

Fayette County Extension Office

1140 Harry Sykes Way

Lexington, KY 40504

Cost: Free

To register go to:

<https://ukyfayette.pacecommunity.net/>

Or call 859-257-5582

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



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FCS CLASSES

We are happy to offer you the following opportunities. Classes/events have limited enrollment so register **early** to assure a spot in the classes/events you wish to attend. All classes/events, including the “Free” ones, are “PRE-REGISTRATION” only. For classes/events with a class fee, registration and fee must be submitted to reserve a space.



GETTING TO KNOW YOUR SEWING MACHINE

Have a sewing machine but not sure how to use it?
Need a refresher?

Learn how to change stitch length, move your needle, wind a bobbin, thread your machine, change stitches, switch machine feet, and more, plus complete a small project.

Fayette County Extension Office
February 18th | 4:30-7:30 PM
Cost: \$25 per person



GETTING TO KNOW YOUR SEWING MACHINE

Have a sewing machine but not sure how to use it?
Need a refresher?

Learn how to change stitch length, move your needle, wind a bobbin, thread your machine, change stitches, switch machine feet, and more, plus complete a small project.

Fayette County Extension Office
March 3rd | 4:30-7:30 PM
Cost: \$25 per person

Deerfield Pie Basket Tuesday, February 20, 2024 ~ 10:00am

This basket measures 12 x 10 “ and has a solid woven bottom done in an unusual style. The sides will be done in color and will be available in several shades. Will bring as many shades as I have on hand so you will have lots of choices - till they run out. Good basket for all levels. Instructor Mary McAllister. Cost;\$48



SUPPLIES YOU MUST BRING FOR CLASS:

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!



GETTING TO KNOW YOUR SEWING MACHINE

Have a sewing machine but not sure how to use it?
Need a refresher?

Learn how to change stitch length, move your needle, wind a bobbin, thread your machine, change stitches, switch machine feet, and more, plus complete a small project.

Fayette County Extension Office
April 7th | 4:30-7:30 PM
Cost: \$25 per person

Swedish Weaving

Join us for an introductory lesson into Swedish weaving on huck toweling. All materials will be provided, and no prior sewing/embroidery experience is necessary.

April 14th | 4:30-7:30
Cost: \$25 per person

Open to all ages.

Instructors: Rachel Robertson and Loretta Gomez-Haley

Patriotic Star Wall Hanging Class:

April 16, 2024 – 9:30am-5:00pm.

Grab your favorite red/white/blue fabrics and let's make this beautiful wall hanging that will showcase your patriotic love for those special holidays. I display mine for Memorial Day, 4th of July, Veterans Day, and many more.

Instructor: Patty Pruitt. Cost: \$20. Yardage and cutting instructions will be provided upon registration.



FCS Class Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

E-Mail: _____

<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>
Getting to Know Your Sewing Machine - February 18		\$25	\$25
Deerfield Pie Basket Class - February 20		\$48	\$58
Getting to Know Your Sewing Machine - March 3		\$25	\$25
Getting to Know Your Sewing Machine - April 7		\$25	\$25
Swedish Weaving - April 14		\$25	\$25
Patriotic Star Wall Hanging - April 16		\$20	\$20
TOTAL FEE DUE:		\$	

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



Grandparents As Parents of Kentucky

www.gapofky.org

Thursday, March 21, 2024

Clarion Hotel
1950 Newtown Pike
Lexington, KY 40511

\$10 for grandparents,
relatives or caregivers

\$75 for professionals
(includes for CEUs)

20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

**Registration required:
Deadline - March 14, 2024**
For complete program and
registration forms visit:
<http://gapofky.org>
or call: (859) 257-5582
to have the program packet mailed

Grandparents, caregivers, relatives and professionals are invited to the 20th GAP (Grandparents and relatives As Parents) Conference to acquire relevant information regarding the primary care of children.

8:00 AM-3:30 PM - **Resource & Benefits Fair**
(Limited number of legal consultations available throughout the day)

8:00 AM - **Registration**

- | | |
|---|---|
| <p>8:30 AM Welcome
Successfully Raised
<i>Judy Russell</i></p> <p>9:00 AM Kinship Families: Supporting Inter-Generational Healing
<i>Allison Davis Maxon, Licensed Marriage & Family Therapist Executive Director, National Center on Adoption & Permanency</i></p> <p>10:45 AM Workshop Session One
1. Understanding Trauma Response: Is it Survival or Defiance?
<i>Brittany Gentry, DSW, LCSW-S Founder/ President of Trauma Education and Advocacy</i>
2. Legal 101
<i>Judge Tiffany Yahr & Corey Lee, Esq.</i>
3. The Impact of Social Media on Mental Health
<i>Geoff Wilson, Lexington Counseling & Psychiatry</i></p> <p>12:00 PM Lunch & Door Prizes</p> | <p>1:00 PM Workshop Session Two
4. Stress Management through Movement and Rhythm
<i>Maranda Brooks, Fayette County Extension Agent for Family and Consumer Sciences</i>
5. Family Bridges: Nurturing Trust, Openness and Resilience in Tough Conversations
<i>Arion Jett-Seals Holistic Rise, Wellness Coach/ Advocate</i>
6. The Effects of Substance Use on Kids, Parents and the Family System
<i>Geoff Wilson, Lexington Counseling & Psychiatry</i></p> <p>2:10 PM Keynote Session
7. Post Conference - Seven Core Issues in Kinship Families: Strengths, Growth and Healing
<i>Allison Davis Maxon, Licensed Marriage & Family Therapist Executive Director, National Center on Adoption & Permanency</i></p> |
|---|---|

*For full workshop descriptions please visit www.gapofky.org



Grandparents As Parents Conference

The first 100 kinship caregivers to register will receive a free copy of **The Seven Core Issues Workbook for Parents of Traumatized Children and Teens**

Online registration available:
Scan the QR code



Grandparents/Relatives Signup for a
FREE LEGAL CONSULT

Conference Committee:

Maranda Brooks, Fayette County Cooperative Extension Office
Ann D'Ambruoso, Family Law of Kentucky, PLLC
Mary Jo Dendy, Sandersville/Meadowthorpe Family Resource Center
Carl Devine, Fayette County Family Court Judge
Kathy Distler, Grandmother
Anna Dominick, Osborne Fletcher, PLLC
Regina Goodman, Bluegrass Area Agency on Aging
Arion Jett-Seals, University of Kentucky
Kelly Justice, Division of Youth Services

Martha McFarland, LFUCG Aging Services
Kate O' Ferral, Deep Springs Family Resource Center
Donna Rash, Raised by Relatives
Sheila Rentfrow, UK College of Social Work
Dale Sanders, Grandfather
Kristy Stambaugh, LFUCG Aging Services & Independent Living
Mary West, KET
Rachel Womack, The Bair Foundation



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PERMIT 112

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1140 Harry Sykes Way
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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

UNIVERSITY OF KENTUCKY, KENTUCKY STATE
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