



**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/>


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!



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.

**The Fayette County
Extension Office will be
closed on
Tuesday, November 5, 2024
for Election Day.**



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



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: 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.



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.



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>
Sweetness Basket Class ~ November 26 at 10:00am	<input type="checkbox"/>	\$48
Stitches Basket Class ~ December 3 at 10:00am <input type="checkbox"/> Cranberry <input type="checkbox"/> Avocado Green	<input type="checkbox"/>	\$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

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



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

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



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

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-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.

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

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

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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

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Disabilities
accommodated
with prior notification.



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!

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Lexington, KY 40506



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LIVE ●

Hormone Hot Mess

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**

Register on-line:

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

or call the office at 859-257-5582

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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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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

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

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