

**FAMILY &
CONSUMER
SCIENCES**

Creating Healthy & Sustainable Families



AUGUST 2022



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

Cooperative Extension Service

Fayette County Extension

1140 Harry Sykes Way

Lexington, KY 40504

Phone (859) 257-5582

Email: DL_CES_Fayette@email.uky.edu

<http://fayette.ca.uky.edu/>



University of Kentucky
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YOU'RE INVITED!

2022 FAYETTE COUNTY EXTENSION ANNUAL HOMEMAKER KICKOFF EVENT

AUGUST 23RD, 5:30-8PM
FAYETTE CO. EXTENSION OFFICE

The Fayette County Homemakers are hosting their annual Fall Kickoff event! The theme this year is "The Excitement of New Beginnings."

We are excited to kickstart these new beginnings with the fall event and we look forward to seeing you there!

Schedule:

- 9am-12pm drop off of entries
- 5:30pm Cultural arts display begins
- 6:00pm dinner
- 6:45pm presentation begins
 - Meet the new Extension Agents
 - Learn more about upcoming events
 - Presentation of the scholarship

Clubs:

- Choose the decorations for your own table – be excited!
- There will be a raffle – each club bring your own basket, money to benefit the scholarship fund
- Bring any tabs for collection, spare change for Coins for Change

Plan to bring a friend. RSVP to 859-257-5582

or email: srsmith@uky.edu by August 12, 2022

Please note any dietary restrictions when you RSVP

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

It's that time of year to look forward to exciting tailgating season. FCS wants to provide the following tips to enjoy time with friends and family while tailgating.

- Wash utensils, cutting boards and other surfaces every time raw meat meets them.
- Wash your hands before and after touching raw meat and dry them with paper towels (not dishtowels).
- Have lots of paper plates on hand, so you never make the mistake of placing grilled meat on a plate that held raw meat.
- Pack raw meat in individual containers and place them in an ice-packed cooler until they are ready for the grill.
- Designate one cooler to store extra bags of ice so you'll always have enough on hand to keep raw meat cold.
- Keep drinks in a separate cooler.
- When you're grilling, make sure you have a fire extinguisher in proximity (not packed in your truck). If you don't need it, another tailgater might.
- Packing a first aid kit is always a good idea. You never know when a friendly game of Frisbee or a sharp knife might lead to a cut or injury
- Make "when in doubt, toss it out" your tailgating mantra. We all hate throwing away food, but as you wrap up your tailgating extravaganza, it's time to throw away perishable foods that have been left out for more than an hour in hot temperatures or more than two hours in moderates' conditions.
- If you're hosting a tailgating bash, have plenty of sunscreen on hand for your guests and don't forget to protect yourself. Dehydration is another potential tailgating villain. Mild dehydration symptoms include headache, dizziness, sleepiness, strong-smelling urine and thirst. Drinking water in small amounts throughout the day helps guard against dehydration.



Maranda Brooks (Fayette County Family Consumer Science Extension Agent)

*Tips brought to you by: <https://www.safewise.com/blog/7-safety-tips-for-a-terrific-tailgating-experience/> & www.cdc.gov/foodsafety





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



Blueberry Cream Cheese Pound Cake

<p>1 (8 ounce) package fat free cream cheese</p> <p>½ cup canola oil</p> <p>1 (18 ounce) package yellow butter cake mix</p>	<p>1 (5 ounce) package instant vanilla pudding mix</p> <p>2 large egg whites</p> <p>2 large eggs</p>	<p>2 teaspoons vanilla extract</p> <p>2 cups fresh blueberries</p>
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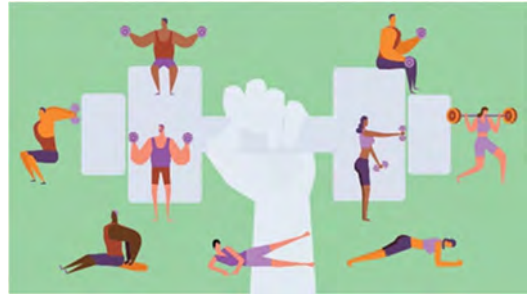
1. **Preheat** oven to 325° F.
2. **Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
3. **Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
4. **Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
5. **Fold** in berries.
6. **Spoon** batter into prepared pan.
7. **Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
8. **Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

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





“FALL BACK INTO FITNESS SERIES”

You asked and we are delivering! Please join as FCS presents “Fall Back into Fitness Series” starting in September-November!

Sign up for our 45 minute classes that consist of 30 minutes of Zumba and 15 minutes of Strength Training!

Classes will be on selected Tuesdays 4:45p-5:30p at
Fayette County Extension Office
1140 Harry Sykes Way

(Only can join us for 30 minutes, no problem! Drop on in.)*

Note the following class dates available to register for
September 20th, 27th

October 11th

November 1st, 15th, 22nd, 29th

Class capacity: 15 person capacity per class

No class fee! Free for everyone

What to bring and wear: Comfortable workout/athletic clothing, water bottle, towel and YOUR ENERGY!

Call the Fayette Co Extension office at 859-257-5582 to register for classes!

Homemaker Club Contact Information Requested

Homemaker Club Presidents were mailed Club Officer/Chairman and Lesson Leader Forms for 2022-2023 in early July. These need to be completed and returned to the Extension Office **ASAP**.

2022-2023 Homemaker Leader Lessons

What's A Homemaker: KEHA 101 ~ Training – August 24 at 6:00pm

Some people have been a part of Kentucky Extension Homemakers Association (KEHA) for years while others may have recently joined or inquired. This lesson will give some history and background to how KEHA began, its journey through the years, and the vision for the future. We will discuss ideas for recruitment, service and educational opportunities, and how to keep the excitement of homemakers thriving in your counties.

Entertaining Little Ones ~ Training – September 26 at 6:00pm

Keeping little ones entertained can be rather difficult at times. In this lesson, learn how to identify activities, including digital, that keep children engaged and active. Having a plan is often helpful when keeping kiddos interests, so you will also create a 5-day activity routine that you can pull from when you have little ones in your care.

The Art of Eating Mindfully ~ Training – October 17 at 10:00am

Learn how to add mindful eating strategies into your daily routine. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat.

Move Your Way: Exercise for Everyone ~ Training – December 6 at 10:00am

Healthy lifestyle habits, like regular exercise, offers numerous benefits such as improving mood, burning calories, and helping slow the aging process. This lesson focuses on low-impact exercises, including seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own home and chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

Let's Talk About It! Keys to Great Communication ~ Training – January 24 at 10:00am

Some may think communication is how you talk with someone. But there is so much more that goes into being a good communicator. Learn more about non-verbal communication (body language) as well as the roles speaking and active listening play in communication. These skills will come in handy as you work with your fellow homemakers as well as at home and in the community.

Transferring Cherished Possessions: Estate Planning for Non-Titles Property ~ Training – February 28 at 10:00am

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. The goals of this lesson include, how to determine a fair distribution process between heirs and to discuss the methods of communicating distribution with loved ones while minimizing potential conflicts.

Green Cleaning ~ Training – March 27 at 6:00pm

Want to go green as you clean? Reduce exposure to harsh chemicals and opt for safer, more natural cleaning methods for your home. By swapping your cleaning products with common household staples, such as white vinegar, lemon juice, baking soda and salt, you can effectively clean your home while also improving the environment and reducing waste.

Healthy Outdoor Cooking ~ Training – April 19 at 6:00pm

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!



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JOIN OUR "HANDS-ON"
FALL COOKING PROGRAM:

ALL ABOUT VEGGIES

During this series, you will:

- learn various cooking methods from chefs
- learn how to flavor veggies + pair with a meal
- gain hands-on experience in growing and preparing delicious vegetables

Get Growing with a Horticulture Agent!

- Thursday, August 11th: Growing Greens
- Thursday, September 8th: Growing Garlic

Get Cooking with a KDA Chef!

- Wednesday, September 21st: Roasting
- Wednesday, September 28th: Sautéing
- Wednesday, October 12th: Leafy Greens
- Wednesday, October 19th: Flavoring + Pairing

TIME: 4:30-6:30pm

PLACE: Fayette County Cooperative Extension Office
1140 Harry Sykes Way, Lexington, KY 40504.

Series registration fee: \$25

Register online:

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

or fill out and return the registration form on
the next page to sign up!

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LEXINGTON, KY 40546



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accommodated
with prior notification.

FCS CLASSES

“Vintage Christmas” Quilt:

Two blocks will be taught every month ending in November. The classes began in June but you can join in anytime, provided there is still space available. Classes are taught by Liz Kingsland, retired Fayette County FCS Agent. Come learn new techniques and patterns and best of all, fellowship with other quilters. Not all the blocks from the book “Vintage Christmas” by Lori Holt will be taught, but you can purchase the book for you to complete this beautiful quilt on your own. *Skill Level: Advance Beginner. Cost: \$10.00 per month for Fayette County Homemakers Member or for non-members, please call the Fayette County Extension Office for fee amount.*



Please select to attend during the day OR in the evening.

Day time classes begin at 9:30 a.m. and will be held on August 26th, September 30th, October 28th and November 18th, which all fall on Fridays.

Evening classes begin at 6:00 p.m. and will be held on August 29th, September 26th, October 24th and November 14th, which fall on Mondays.

Sewing supply list, yardage and cutting instructions for the blocks will be provided after registration. If you have any questions or concerns please feel free to contact Liz Kingsland by email at elizabeth.kingsland@uky.edu.

Get Out Your Seam Ripper and sign up for our Beginning Alterations Class

Sundays, September 11, 18, & 25
and October 2 & 16

1:30 p.m. to 4:30 p.m.

We will be learning how to fix some of those pesky problems that have you heading to a seamstress...hemming, letting out and taking in seams, replacing zippers, inserting pockets and more.

Requirements: you must know how to use a sewing machine!

A supply list will be sent out the first of September.

Class size is limited to 10.

Cost: \$35

Instructor: Loretta Gomez-Haley



Make Checks Payable to:
Community FCS Programs

Return registration form and payment to:
Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504

2022 FCS CLASS REGISTRATION FORM:

Name: _____ **Phone:** _____ **E-Mail:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

TOTAL Amount Enclosed \$ _____

FCS CLASS	AMOUNT	CLASS FEE
“Vintage Christmas” Quilt Class series - SELECT: 9:30 a.m. _____ OR 6:00 p.m _____		Cost: \$10.00 per month for Fayette County Homemaker members. For non-Homemaker members please call the office for fee amount.
All About Veggies		Cost: \$25.00 for the series
Beginning Alterations Class		Cost: \$35.00 for the series
TOTAL FEE AMOUNT	\$	



Grandparents As Parents of Kentucky

www.gapofky.org

Thursday, September 22, 2022

Embassy Suites
1801 Newtown Pike
Lexington, KY 40511

\$10 for grandparents,
relatives or caregivers

\$50 for professionals
(includes for CEUs)

19th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

**Registration required:
Deadline - September 15, 2022**
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 19th 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**

- 8:30 AM **Welcome**
Successfully Raised
Maddie Stiles
- 9:00 AM **The Impact of Trauma & Loss in Kinship Families**
Beth Tyson - Beth Tyson Trauma Consulting
- 10:45 AM **Workshop Session One**
1. **Legal 101: An Introduction to Navigating the Legal System**
Carl Devine, Fayette County Family Court Judge & Denotra Gunther, Fayette County District Court Judge
2. **Media & Technology for Young Children**
Holly Ackerman - KET Early Childhood Education Consultant
3. **E-Cigarettes, Vaping & Addiction: What Adults Who Care for Adolescents & Young Children Need to Know**
Angela Brumley-Shelton, UK College of Public Health
4. **Mindful Movement - Mindful Moments**
Wendy Jett - LFUCG Aging Services
- 12:00 PM **Lunch & Door Prizes**

- 1:00 PM **Workshop Session Two**
5. **Supporting Children Through Grief**
Emily Johnson - Kentucky Center for Grieving Children & Families
6. **Protection and Advocacy 101 - Protecting and Promoting the Rights of Kentuckians with Disabilities**
Kevin McManis - Staff Attorney Supervisor, Kentucky Protection and Advocacy
7. **Opioid Overdose Response Training and Naloxone Distribution**
Scott Luallen - LFUCG - Substance Use Intervention Program
8. **Kinship Benefits & Support**
Shelia Rentfrow - UK College of Social Work
- 2:10 PM **Keynote Session**
9. **Understanding Ambiguous Loss and How to Help Your Grandchildren Recover**
Beth Tyson - Beth Tyson Trauma Consulting

Online registration available:
Scan the QR code



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



Grandparents As Parents Conference

Conference Committee:

Joan Brandenburg, Grandmother
Maranda Brooks, Fayette County Cooperative Extension Office
Ann D'Ambruoso, Family Law of Kentucky, PLLC
Mary Jo Dendy, Sandersville/Meadowthorpe Family Resource Ctr.
Carl Devine, Fayette County Family Court Judge
Anna Dominick, Osborne Fletcher, PLLC
Sandra Flynn, Grandmother
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



Veggie

GET MORE BANG FOR YOUR BUCK!



JOIN A CSA WITH SNAP STARTING JULY 9TH!

SNAP RECIPIENTS GET TEN WEEKS OF CSA SHARES FOR THE PRICE OF FIVE.

PICKUPS SATURDAY OR SUNDAY AT LEXINGTON FARMERS MARKET.

Learn more:



LEARN MORE AT

WWW.KENTUCKYDOUBLEDOLLARS.ORG/JOIN-A-CSA



Join us for Job Club



Pass the Word.....we are excited to welcome Job Club back for in-person sessions. Due to the outstanding success and reach in offering Job Club in an online format due to COVID-19, this schedule and future schedules will be offered both in-person and online.

The Fayette County Cooperative Extension Service, the University of Kentucky (UK) Alumni Association, and UK Human Resources STEPS Temporary Employment are pleased to announce the 2022 Central Kentucky Job Club schedule. Due to the outstanding success and reach in offering Job Club in an online format, this schedule and future schedules will be offered both in-person and online. For more information about UK's COVID-19 policies and procedures, please visit <https://www.uky.edu/coronavirus/>. The Fayette County Cooperative Extension Service office is a UK facility, and all in-person attendees will be required to comply with UK's COVID-19 policies while in the space.

The purpose of Job Club is to provide a positive environment for motivated job seekers to meet, connect, share, and learn. 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. at the Fayette County Cooperative Extension office, 1140 Harry Sykes Way, Lexington, KY. Business attire is encouraged. Convenient, free parking is available. Job Club is for you if you are a motivated professional and currently out of work, underemployed or looking to make a career transition. In addition, recruiters and employers are always welcome and introduced to Job Club attendees.

For more information, call the UK Alumni Association at 859-257-8905, the Fayette Cooperative Extension Office at 859-257-5582, or UK Human Resources STEPS Temporary Employment at 859-257-9555, Option 2. Additional information including recordings from previous Job Club meetings and testimonials from former Job Club participants can be viewed at: www.ukalumni.net/jobclub.

Severe Weather Policy: In case of inclement weather, watch the [Fayette Cooperative Extension](https://fayette.ca.uky.edu/content/job-club) website (<https://fayette.ca.uky.edu/content/job-club>) to determine if Job Club will meet in person or only be presented virtually.

Job Club Meeting Schedule:

August 9: Pathways Forward for Job Seekers: Overcome What's Keeping You Stressed, Struggling or Stuck—Presented by Debi Powell, MS, Founder/Owner, Breakthrough Consulting
Job seekers are in the midst of change. Some have been thrust in a new career direction by circumstances beyond their control. Some have chosen to explore new career possibilities. In this presentation, Debi uses real-life examples to identify roadblocks that slow us down or take us on unnecessary detours. These roadblocks include counterproductive thoughts, feeling and actions. Once we see them, we can avoid them. The best part? We don't have to do all the hard work alone. In fact, it's easier with others in our corner. We'll wrap up by exploring strategic pathways that can move us forward with direction and confidence.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC80922>

August 23: Career Wellness Practices—Presented by Carla Hunter, President, Career Span, Inc.
Career wellbeing is imperative to thrive in today's chaotic and ever-changing world of work. It is strongest when one does "work" that achieves a purpose and engages you. Simply put, how we feel about work, current employment and future career prospects, can have a huge impact across our lives. We will discuss best practices to thrive in your career.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC82322>

September 13: Kentucky's Economic Outlook for Fall—Presented by Mike Clark, PhD, Director, Center for Business & Economic Research, Gatton College of Business & Economics, UK
Discover more about Kentucky's economic recovery and how it impacts the workforce, employment, and state economic indicators.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC91322>

September 27: How to Become a Job Whisperer: Effective Strategies to Engage Employers—Presented by Kimberly Wickert, MRC, CRC, RETAIN KY Director, Organizational Partnerships, Human Development Institute, UK

Learn how to communicate with employers through informational interviewing, job shadowing, employer and industry-based terminology and career mentoring. This session will define the hidden job market and practices to learn about job openings before they are available to the public.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC92722>



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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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AND KENTUCKY COUNTIES, COOPERATING

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