

# FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



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: [fayette.ext@uky.edu](mailto:fayette.ext@uky.edu)

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

DECEMBER 2022



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. Call 859-257-5582 to register.

**Tuesday, January 31, 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.

**Thursday, February 23, 2023:** Dr. Alicestyne Turley, The Gospel of Freedom: Black Evangelicals and the Underground Railroad

An evocative exploration of the Underground Railroad and the important contributions of white and black antislavery southerners who united to form organized networks of assisted slave escapes in Kentucky and the Deep South.

**Thursday, March 23, 2023:** Kevin Cook, House of Champions: The Story of Kentucky Basketball's Home Courts

The first comprehensive history of the UK basketball program that focuses on the team's various arenas—how and why they were built, and the contemporary political, social, and athletic forces which shaped them and which they in turn influenced—and tells the story of Wildcat basketball told through the lens of their home courts.

## Move Your Way: Exercise for Everyone

Improve balance, posture, muscular strength, and ability to perform daily tasks with regular exercise. Learn how daily physical activity can improve joint health, physical function, and emotional well-being.

Join us for this Homemaker Lesson Leader Training on December 6, 2022 at 10:00am at the Fayette County Extension Office. Please call the office 859-257-5582 to RSVP if you plan to attend.

## Sewing Workshop

**Thursdays, Jan 19, 2023- Feb 23, 2023**  
1140 Harry Skyes Way, Lexington, KY

Come join Eastern Kentucky University Occupational Therapy students, if you have interest in sewing or want to learn how to sew. We are looking for people to join our study that have health conditions that have affected motor and coordination abilities. Our workshop will be held at the Lexington Extension Office. These sewing sessions will last from 9:30-11am on Thursday for six weeks, depending on weather conditions makeup sessions will be rescheduled accordingly. No supplies are required to participate in the sewing workshop. If there is interest in participating in this workshop please contact Dr. Camille Skubik-Peplaski at [Camille.Skubik-Peplaski@eku.edu](mailto:Camille.Skubik-Peplaski@eku.edu) or (859) 338-2651, to see how you can participate.

The Fayette County Extension Office will be closed for the Holidays December 26, 2022 through January 2, 2023.

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.

## Homemaker President Greetings

To all my dear Homemaker friends!

Hello!!!! I hope by now you have survived a great Turkey Day with family and friends! My favorite holiday is actually Thanksgiving, because we have the time to share and relax more and think about our many blessings.....However Christmas is now soon upon us and really a time for celebration and festive cheer! I know it has been hard with the cold and frigid weather to put up many outside decorations, but hopefully soon the pretty lights will all be aglow!

As we shop and decorate, I hope we remember those less fortunate than us. One of our biggest projects is the “JOY OF GIVING”. I know COVID-19 has really affected how we give, treat and visit the nursing homes, however if we could make donations—both physical ones from the list or give monetary donations, it would be great! Look over the list in the recent newsletters, including this one and drop off your donations at the Extension Office. All items will be appreciated!

Sometimes the holidays can leave us in a downer and gloomy mood—my solution to that is to check out your favorite Hallmark or Lifetime holiday movie...I promise you that soon your mood will change. The Holidays are also a great time to bake those famous holiday goodies—old and new recipes are acceptable! They are even best when shared!!! There are very few spaces available, in the “Holiday Creations and Discoveries” Showcase which sounds like a fun filled afternoon. It looks like there will be wreath making demonstrations, along with ways to make homemade gifts and treats—sounds like fun for all!

I would also like to take time to thank all that donated to the Military Missions. This is such a special and heartwarming project and a great way to say “Thanks” to our Veterans”!!! So many of our young men and women that are in the military get so lonely and homesick during this time of year. Your donations really make a difference!

In closing—a few reminders!

- Get your flu shots!
- Get current with your COVID-Boosters!
- Have you had your Shingles shot?
- Make sure everything is up to date and you are ready for 2023!

In closing have a Happy Hannakah .....Merry Christmas and a Blessed Kwanzaa!

Peace...Love and Joy in 2023  
Alyce Emerson, President



The University of Kentucky (UK) Alumni Association, the UK Cooperative Extension Service and UK Human Resources STEPS Temporary Employment are pleased to announce the fall 2022 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

**December 13: Be Strategic When Choosing Your Professional References** Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, CPRC, Director of Alumni Career Services, UK  
Job seekers and career changers typically spend a great deal of time and effort on their actual job search but neglect strategically choosing and coaching their references. Learn how to put the icing on the cake and seal your next deal.

ONLINE ATTENDEES REGISTER  
HERE: <https://bit.ly/JC121322>

### January 10: Job Search Strategies

Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, CPRC, Director of Alumni Career Services, UK  
The new year is a great time to step up your job search. Join our nationally certified career counselors as they share best practices for the job search. Bring your job search-related questions for this session.

ONLINE ATTENDEES REGISTER  
HERE: <https://bit.ly/JC11023>

# Homebased Microprocessing Workshop



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

For more information & to register:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call

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.

**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.



## 2022-2023 Homemaker Leader Lessons

### 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!



For More Plate It Up  
Recipes, Visit:

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



## Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	<b>Topping:</b> $\frac{1}{2}$ cup brown sugar	<b>3 tablespoons</b> melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
<b>2 tablespoons</b> brown sugar	<b>1 tablespoon</b> cinnamon	<b>1 tablespoon</b> maple syrup	$\frac{1}{2}$ teaspoon cinnamon
<b>2</b> eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

**Preheat** oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

**Add** in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

**Yield:** 12,  $\frac{1}{2}$  cup servings

**Nutritional Analysis:** 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



# Grinch Bombs!

## HOLIDAY HOT COCOA BOMB CLASS!



The holidays are here so lets get together and stay warm the best way we know how.

By making hot Cocoa!!

These Grinch inspired cocoa bombs are sure to warm your heart!



Sunday, December 11th

4:30-6:30 pm

The cost is \$5 and there is a 15 person capacity  
Register online at <https://fayette.ca.uky.edu/classregistration>  
or call the extension office at 859-257-5582

Provided by Tiana Taylor owner of  
LaChae's Sweet Corner



## 2023-2024 Homemaker Lesson Ideas



My house needs a lesson on:

---

---

---

---



The food lesson I need most:

---

---

---

---



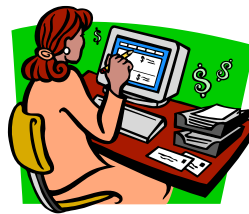
A clothing lesson I need:

---

---

---

---



My finances could use a lesson on:

---

---

---

---



A family life lesson that would interest me:

---

---

---

---



Just for fun I'd like a lesson on:

---

---

---

---

Return to the Extension Office by January 2, 2023 or submit your ideas online:

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





# ADULT

# HEALTH BULLETIN



## DECEMBER 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

### THIS MONTH'S TOPIC:

## THE WINTER BLUES



**D**o you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

### Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

Continued on the next page



## Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

### ➔ Continued from the previous page

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

### Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

#### REFERENCE:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

ADULT  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com







# 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.

## Any Way You Want It

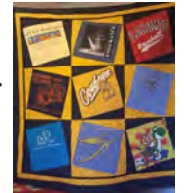
Instructed by Nancy Cann, this series of quilt classes is designed to encourage your creativity as you learn the piecing of some basic and not so basic traditional quilt blocks. You will decide how many blocks to make depending on your project goal. For each class you will decide if you are making a Table Runner, Bed Runner, or Quilt Top. Over the year we will have experience with vertical settings, on point settings and nontraditional settings. Each monthly class will stand on its own, non dependent on the preceding or following class. Classes will meet the First Tuesday each month, **9:30am – 2:30pm** beginning November 1, 2022. Although the project choices are not seasonal, your fabric choices can support any desire to make a seasonally specific runner or quilt. You will need to register for each class you plan to attend, per class fee \$20.00. A minimum of three participants is required. Registration fee is non-refundable.

**January 3: Delectable Mountain Block:** Lessons: From squares to mountain peaks, the right tools for the job, more accurate cutting. Estimated yardage will be emailed to you.

## T-Shirt Quilt

In this class instructed by Liz Kingsland you will learn the steps to making a T-Shirt Quilt. The steps include: Cutting apart the T-Shirts, Map Out the Design, Trim the T-Shirt Panels, Fuse the Interfacing to the T-Shirts, To finally sewing the quilt

Your final quilt will be based on your t-shirts and how you design the quilt. At the first class you need to bring the tee shirts that you want to include – during the course of the three classes we will work towards getting a small quilt completed. Supply list provided with registration. You will come to class ready to fuse the tees, but will probably need to purchase or find extra supplies after your design is finished. Classes are: **January 30, February 6 and 13: 10:00am Cost: \$30**



**Make Checks Payable to:**  
Community FCS Programs

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

## 2023 FCS CLASS REGISTRATION FORM:

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**TOTAL Amount Enclosed \$** \_\_\_\_\_

FCS CLASS	AMOUNT	CLASS FEE
<b>Delectable Mountain Block</b>		<b>\$20 (for Homemaker Member—\$28 for non-members)</b>
<b>T-shirt Quilt</b>		<b>\$30 (for Homemaker Member—\$38 for non-members)</b>
<b>TOTAL FEE AMOUNT</b>	<b>\$</b>	

**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.



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

NONPROFIT ORG  
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

*The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*



facebook.com/FayetteCoFCS  
facebook.com/FayetteCoHM