



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

JULY 2023

International Sew Day

Monday, July 17 from 10:00am-2:00pm is a day set aside to sew for International needs. Dresses shorts and sanitary pads will be constructed. The items are mostly cut and ready for sewing. Demonstration will be available for all items. Hope you can save this date and join the fun. Bring your sewing machine. RSVP to 859-257-5582.

Plan Ahead for Canning Season

Now is the time to start preparing for canning season. It is always a good idea to purchase your supplies early so you are not running around hunting for supplies at the last minute. You can buy canning supplies at many grocery stores, home goods and farm supply stores, hardware stores, big box retailers, and online.

Begin by taking an inventory of your supplies. See what you have on hand and what you need to buy before heading to the store. Inspect gaskets on pressure canners and make sure your racks are in good condition. Now is the perfect time to take your dial gauge canner to the Extension Office and have agents check it for accuracy. Gauges should be checked once a year, and this service is free. Don't forget to check your jars too. You can reuse canning jars year after year as long as they are not chipped, cracked, or have nicks along the sealing edge. You can also use ring bands over and over if they are not rusted.

When purchasing new jars, buy mason-type jars specifically made for canning. Other types of jars such as storage jars or craft jars are not suitable for canning and may break under the high temperatures of processing. You will also need lids and rings to seal the jars. Experts recommend two-piece lids (flat lid and ring band). If you cannot find two-piece lids, you can buy one-piece lids for use in a boiling water bath canner. Do not use one-piece lids in a pressure canner.

Get more information on canning, including research-based recipes, by contacting your local County Extension Office.

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

Help Wanted: Planning the Homemaker Kick-Off Party!

Do you like party planning? Want to energize old and new Homemakers for our new 'year'? Join together to plan our Homemaker Kick-Off Party! Meet up on Wednesday, July 12, 6 - 7 pm at the Extension Office. Bring ideas for food, entertainment, and FUN!!! It would be great to have a representative from each club as well as our Chairs. The Party itself will be Monday, August 21. Questions or RSVP to FCHA Vice President Doraine Bailey at doraineb@hotmail.com or text to 859-397-5360.

Attention Homemakers: Volunteer Hours Report

Homemaker members need to send in volunteer hour forms for January 2022– June 30, 2023 (this time frame is to get us back on the State schedule for hours reporting) by **July 14, 2023**. Please be sure that your total hours are listed on the bottom of the form. Club Vice Presidents, collect and forward all individual club members' forms to the Extension Office in order for the office to keep track of accumulative hours. Please contact the Fayette County Extension office with any questions. Thanks so much for your participation in this request!



Hours can now be entered on-line. Visit our website: <https://fayette.ca.uky.edu/homemakers> scroll down and click on Submit Your Homemaker Volunteer Hours. You have the option to enter records by month or by the year.

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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Hello Homemakers! We hope that you are all having a great summer. We had a great time at the May Annual Meeting and are excited to begin planning for the August Kickoff soon. Fayette County Homemakers Association is still in need of 3 out of the 4 executive board positions: president, vice president, and secretary. Our past officers have served well beyond their agreed term and are in need of fellow homemakers to take over their positions. The new officer training will be on July 27th so we are less than a month away, meaning that we need volunteers ASAP. As your FCS agents, we are happy to be here to advise and support with whatever you need. However, we cannot help FCHA continue to grow and thrive if we do not have members willing to lead the organization. **Please** consider volunteering for a position if you are able to and talk within your clubs to see if anyone is willing and able to volunteer. We want to see you all succeed, so please help us achieve that! Best, Maranda Brooks and Caroline McMahan



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!

Thursday, July 27, 2023

Heather Wibbels, Bourbon is My Comfort Food
The definitive primer on mixing elegantly crafted bourbon cocktails for those looking to imbibe on the spirit and history of one of the world's most sought-after liquors.

Michael Veach, Kentucky Bourbon Whiskey: An American Heritage

This book shines a light on bourbon's pivotal place in our national heritage, presenting the most complete and wide-ranging history of bourbon available.

Wednesday, August 30, 2023

Elizabeth DiDavino, Katherine Jackson French: Kentucky's Forgotten Ballad Collector
The life and legacy of a pivotal scholar and how her collection of traditional Kentucky ballads elevated the status of women, gave testimony to the complexity of balladry's ethnic roots and influences, and revealed more complex local dialects.

Wednesday, September 20, 2023

Kaitlyn Hill, Not Here to Stay Friends
This friends-to-lovers spin on The Bachelor follows two childhood besties reuniting to spend the summer in L.A. after five years apart—but when they both get involved with a teen reality dating show, their lives take an unexpected turn for the unreal.

Tuesday, October 10, 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.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the Summer 2023 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

July 11: Job Search Strategies from an HR Perspective

Presented by Alan Sisk, Human Resource Director for the Lexington Housing Authority

The focus of this presentation is on what qualities employers are looking for and how you can best prepare yourself for success in your job search process.

ONLINE ATTENDEES REGISTER HERE:
<https://bit.ly/JC071123>

July 25: How to Write a Job-Winning Resume

Presented by Queen-Ayanna Sullivan, M.S., CCC, Career Counselor, Alumni Career Services, UK

The audience will gain useful information on how to build a solid resume foundation by addressing preferred resume formats and how to target your resume and skills to the specific position. Learn strategies to get through Applicant Tracking Systems (ATS) and highlight your accomplishments.

ONLINE ATTENDEES REGISTER HERE:
<https://bit.ly/JC072523>



Confetti Chicken Quesadillas

1 small green bell pepper, seeded and diced
 1 small red bell pepper, seeded and diced
 1 tablespoon hot pepper, minced (optional)

1 pound skinless, boneless chicken breast, diced
 1 (1 ounce) packet fajita seasoning mix
 1 tablespoon olive oil

10 (10 inch) whole-wheat tortillas
 1 (8 ounce) package reduced fat cheddar cheese, shredded

Preheat the broiler and prepare baking sheet with non-stick spray. **Toss** the diced chicken with the fajita seasoning and place on the baking sheet. **Spread** chopped peppers on baking sheet. **Place** under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. **Brush** skillet with oil and heat to medium. **Place** one tortilla in skillet. **Layer** half of tortilla with approximately one-third cup chicken

and pepper mixture. **Sprinkle** with 3 tablespoons cheddar cheese. **Fold** over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. **Cut** each quesadilla into wedges and serve with salsa, if desired.

Yield: 10 servings

Nutritional Analysis: 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein



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



For More Plate It Up Recipes, Visit:

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

QUILT CLASS

“Quilt as You Go” Bargello Class: August 29, 2023 – 9:30am-3:30pm.

This Bargello wall hanging is a wonderful backdrop to display whatever makes you happy (butterflies will be on mine). You can also make the wall hanging in your favorite colors and not add any embellishments. It's up to you. This class will walk you through making a small bargello that you can quilt as you go. We will also look at binding/facing.

Instructor: Patty Pruitt. Cost: \$20 for Homemaker members; \$30 for non-members. Yardage and cutting instructions will be provided upon registration.



Make Checks Payable to:
 Community FCS Programs

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

FCS CLASS	AMOUNT
Quilt as You Go Bargello—8/29	
TOTAL FEE AMOUNT	\$

2023 FCS CLASS REGISTRATION FORM:

Name: _____

Phone: _____

E-Mail: _____

Address: _____

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

Helping older adults plan for natural disasters

Tornadoes, floods, wildfires and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.

It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodations like staying with family or friends, hotels or identify medically equipped shelters. Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation. It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S. Administration on Aging recognizes that natural disasters are unpredictable but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers and UK Cooperative Extension Services can help.

For more information on creating an emergency supply kit, visit: <https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>

Source: Amy Kostelic, associate professor UK School of Human Environmental Sciences



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**Come learn some basic floral
arrangement techniques!**

Bouquet Building with Brack Duncan

**Cost is \$5.00 per class
Maximum attendance is 20**

**Classes to be held 5:30-7:00 pm at the
Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504**

Register on-line: [https://fayette.ca.uky.edu/
classregistration](https://fayette.ca.uky.edu/classregistration) or call the office at
859-257-5582 to register!



**July 10, All White
July 17, Wildflowers
July 24, The Color Purple
July 31, Ready For Roses**

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ADULTING 101

Life doesn't come with an instruction manual, but we can help.



Join us every Monday afternoon in July to learn some of the basic life skills that will help you start your life away from home with a strong foundation.

(for teens & young adults)

MONDAYS: 2:30 - 3:30 PM
CENTRAL LIBRARY: ROOM B

Basic Auto Care & Transportation - July 3

* **Home Skills & Dorm Cooking** - July 10

* **Voting** - July 17

***How to Money - Basic Finances** - July 24

Healthy Finale - July 31

*Classes presented by Fayette County Extension
Family Consumer Sciences

Each session attended gets participants an entry to win a gift card!



Lexington Public Library

lexpublib.org/events

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JOIN US FOR... ²⁰²³ 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!

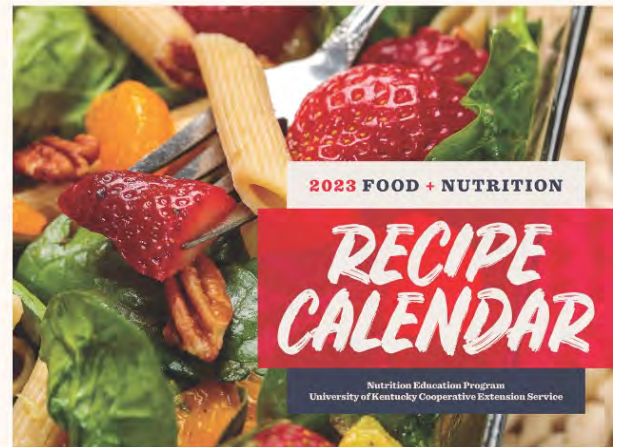
FREE! Registration required to plan for food samples.

Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call 859-257-5582.



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- July 19: Tuscan Chicken and Pasta
- August 16: Skillet Pork Chops with Peaches
- September 27: One Pan Shrimp and Veggies
- October 25: Italian One Pot Pasta and Beans
- November 29: Slow Cooker Buffalo Chicken
Stuffed Sweet Potatoes



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Expanded Food and Nutrition
Education Program from the USDA
National Institute of Food and Agriculture.



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USDA
SNAP
Supplemental
Nutrition
Assistance
Program
Putting Healthy Food
Within Reach

This institution is an equal opportunity
provider. This material was partially
funded by USDA's Supplemental
Nutrition Assistance Program - SNAP.



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A DIFFERENT WORLD & FCS



Presents Sensory Career Day



With SAFETY CITY



Safety Learning·Food·Fun·& much more



**Where: Safety City &
Fayette County Extension Office**

Date: August 19, 2023

Time: 10am-1pm



To Register Call Fayette County Extension Office 859-257-5582

or register on-line: <https://fayette.ca.uky.edu/classregistration>

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SAVE THE DATE!!!

FCS agent Maranda Brooks and Jill Wilson of
Williams Wells Brown
Community Center present

“Fathers, Fish, Fades and Free Minds Fall Fest”

William Wells Brown Community Center

Saturday, August 26th, 2023 11am-3pm

Food, Fun, Resources from Community Partners for
Fathers and Families and More!!!
Stay tuned!! More details to come.



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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

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UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE,
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