

FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



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

JUNE/JULY 2022

Cooperative Extension Service

Fayette County Extension

1140 Harry Sykes Way

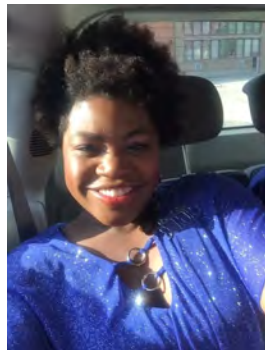
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Greetings!! I would like to introduce myself. My name is Maranda Brooks, your new Fayette County Family Consumer Sciences Extension Agent. I am a Lexington Native, graduate of SCAPA Lafayette Highschool. I am proud to be a Berea College Alumni where I graduated with a B.A. in Child and Family Studies with concentration in Family Studies.



I hold my M.S. in Gerontology: Management of Aging Services from UMASS-Boston. My work career stems from humble beginnings as SRNA/C.N.A. in stroke/rehabilitation units and some long term care facilities. I have a vast amount of experience with program/activity development in long term care facilities. I have worked several years as a long term care social service director and end of life program director. More recently, I specialized in memory care disorders/Alzheimer's research as a clinical research coordinator.

I have a passion for health and wellness, as I am a group fitness instructor for several exercise formats including Pilates, Zumba, Kettlebell and a newly drumming fitness program that I have implemented and emphasized in community centers and memory care units of senior living facilities.

As a SCAPA graduate with a major in theatre and minor in vocal, I have a deep love for the performing and cultural arts. Post graduate, I still find ways to implement those skills into my work and everyday life. My hobbies include: watching sports, teaching fitness classes, spending time with family, friend, sorority sisters and church, traveling and trying new foods and experiences.

I am excited for what FCS has in store for me. As your FCS agent, I plan to highlight the wonderful resources and programming that FCS provides, along with build and grow new excited partnerships and events for a bright future for FCS and the community!

Hello! My name is Caroline McMahan and I am a new Family and Consumer Sciences Extension Agent in Fayette County. I am excited to begin as an FCS agent and would like to introduce myself. I am from Campbellsville, KY and came to Lexington to attend

Transylvania University. I

recently graduated in May of

2022 with two B.A. degrees in Anthropology and Health & Exercise Science. I am looking forward to combining both the health-forward focus and the cultural consideration that I have gleaned during my studies in my work as a FCS agent.



In my years as an undergraduate student, I had the opportunity to conduct several research projects that have given me an appreciation for learning and critical thinking. I plan to continue to develop and use this love for learning in my new job as an Extension Agent as I work alongside my peers and develop partnerships within the community. I have also had the opportunity to work as a personal trainer in the Lexington community for over a year. This experience has shown me how important both connection and compassion are when helping people achieve their goals and improve their well-being.

Things that bring me joy include time with family and friends, my dog Stevie, reading, scuba diving, good food, movement, and a sunny day. As a Kentucky native, I am grateful to now serve the community that helped shape who I am today. I can't wait to begin my career as an FCS agent!

The Fayette County Extension Office will be closed for the following holidays.

June 20th and July 4th!

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.

Project Dignity International Sewing Day – July 27, 10:00 – 2:00

Did you know that there are countries where menstruation is considered taboo? That girls as young as 11 years old are forced to drop out of school because they have started having their periods? One of the major problems is the lack of proper hygiene materials and facilities. This class supports Project Dignity. We will be sewing washable, reusable sanitary pads for our girls in Africa. 100% Cotton flannel and batting will be provided. Flannel should be pre-washed. Flannel and batting should be 100% cotton. Please contact the Extension Office at 859-257-5582 to register. For specific questions, please contact Mary Colvin at 859-221-1833.

Participants should bring:

Sewing machine and basic sewing notions and tools. Personal lunch, beverage, and snack.

International Sewing Project - June 17

Can you imagine owning only one dress and needing it to last a long, long time? Is this a scenario you can even imagine for your child? The hard truth is that this is reality for many children throughout the world. Rita Hardman will orient you to a new dress pattern and workshop on June 17, 9:30 am – 3:00 pm. The program's goal is to provide 'special - one of a kind' dresses that any little girl would love to own and wear. This is not a pillowcase dress. Also participants will be sewing shorts as well. For specific questions regarding the project, please call Rita at 859-433-1899. Fabric will be provided. Sewers will only need to provide the following:

- Sewing machine and tools (scissors and seam ripper) – please contact the office if you need a machine provided.
- Personal sack lunch and beverage

This is an international homemaker project that will benefit so many in need. To register, phone 859-257-5582. Limit 20 participants.

SAVE THE DATE

9

22

22

GAP

Grandparents As Parents of Kentucky

19th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and older relative caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

New location:
Embassy Suites,
1801 Newtown
Pike, Lexington

For more information and to view helpful resources, please visit our website at www.gapofky.org or call 859-257-5582
Follow us on Facebook-Grandparents as Parents Conference

10 Tips for Protecting Your Skin from the Sun*

As we are approaching “Summer Time”, we wanted to take the time out in Family Consumer Science and provide you with some sun care tips!

1. Use sunscreen every day, even if it's cloudy.
2. Apply at least one ounce of sunscreen (enough to fill a shot glass) at least 15 to 30 minutes before going outside. Also use a lip balm or lipstick that contains sunscreen with a sun protection factor (SPF) of at least 30.
3. Choose a broad spectrum sunscreen that protects against both UVA and UVB radiation. Make sure it is water resistant and has a SPF of 30 or higher. Other sunscreens may help keep you from getting sunburned, but they won't protect against skin cancer.
4. Reapply sunscreen every two hours. Reapply every hour if you are swimming or sweating.
5. Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun, which can increase your chance of getting a sunburn.
6. Keep babies younger than 6 months old completely covered and in the shade.
7. Limit the amount of time you're in the sun between 10:00 AM and 4:00 PM. This is when the sun's rays are the most intense. Practice the shadow rule: if your shadow is shorter than you, the sun's rays are at their strongest, and you should find shade.
8. If possible, wear a long-sleeved shirt and long pants. Dark clothing with tightly woven fabric blocks more sun than white or loosely woven fabrics. For additional protection, look for clothes made with special sun-protective materials.
9. Accessorize with a hat that shades your face, neck, and ears and a pair of sunglasses. Sunglasses with lenses that have 99% to 100% UV absorption provide optimal protection for the eyes and the surrounding skin.
10. Be even more cautious if you are taking medications that may make you more sensitive to the sun. These include specific types of antibiotics, anti-inflammatories, antifungals, blood pressure medications, and chemotherapies



Maranda Brooks (Fayette County Family Consumer Science Ext. Agent) *tips brought to you by <https://www.cancer.net/blog/2015-07/10-tips-protecting-your-skin-sun>



For More Plate It Up Recipes, Visit:

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

Roasted Beet and Orange Salad

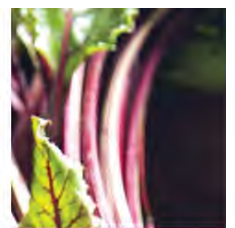
- 3 medium fresh beets (about 1 pound)
- 4 medium navel oranges, peeled and sectioned
- 4 ounces crumbled feta cheese
- 1/2 cup chopped walnuts (optional)
- 1/4 cup minced fresh mint

Orange Vinaigrette:

- 2 tablespoons olive oil
- 1 teaspoon grated orange zest
- 2 tablespoons orange juice
- 1/2 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preheat oven to 425 degrees F. **Wash** hands with warm soap and water, **scrubbing** for at least 20 seconds. **Scrub** beets and **trim** tops to 1 inch. **Wrap** in foil; **place** on a baking sheet. **Bake** 50 to 60 minutes or until tender. **Remove** foil; **cool** completely. **Peel** beets and **chop** into bite-sized pieces. In a small bowl, **whisk** oil, orange zest, orange juice, vinegar, honey, mustard, salt, and pepper until blended. In a large bowl, **combine** cooked beets and orange sections. **Add** the vinaigrette and **toss** gently to coat. **Spoon** mixture on serving plate and **top** with feta cheese, walnuts, and fresh mint.

Yield: 4 servings. **Serving size:** 1/4 of recipe.
Nutrition Analysis: 330 calories, 23g total fat, 6g saturated fat, 25mg cholesterol, 510mg sodium, 27g total carbohydrate, 5g fiber, 18g total sugars, 1g added sugars, 8g protein, 0% DV vitamin D, 15% DV calcium, 6% DV iron, 10% DV potassium.



Family Consumer Science wants to send a special Congratulations to the Graduates of 2022! In preparation for any transition into college in the future, please see attached this handy dorm room checklist to help you navigate and start collecting essential items to have available when helping set up your daughter or son's dorm room! On a budget, no problem! Start collecting these items over the summer on a budget with these tips.*

If your child is heading to college this fall, you're going to need stuff to help make that space comfortable. But deciding exactly what they will need and how to purchase everything on a budget isn't necessarily easy or intuitive. That's why we decided to create a dorm room checklist and share some critical items you won't want to forget!

- When shopping for their dorm, look for natural materials like cotton and bamboo since they breathe. Additionally, it can be wise to choose a lighter weight comforter and add a throw blanket or two instead of choosing one heavy option.
- While technically not part of the bed, consider grabbing a plush throw rug to put next to the bed. *Why would you need a throw rug in a dorm room?* Because no one likes putting their foot on a cold floor in the morning!
- Consider grabbing a set of bed risers for their dorm room too. These lift the bed further off the floor, creating extra space underneath. Then, grab some storage bins that will fit into the newly expanded space and, VOILA! Extra Storage! (i.e. Whitmor Storage Cubes - Stackable Interlocking Wire Shelves - Black (Set of 6) off Amazon.com)
- It may be smart to bring along an adjustable desk lamp that allows the light to be shifted in different directions. That way, if your student needs to have a late-night study session, but their roommate needs to catch some Z's, they can do so in harmony. (ex. TORCHSTAR Metal Desk Lamp, Swing Arm Desk Lamps with Clamp, Adjustable Goose Neck Architect Study Table Lamp, Clip On Eye-Caring Reading Lamp for Home, Office, Multi-Joint, Black Finish off Amazon.com)
- Blackout curtains are designed specifically to stop any light from penetrating through, making it easier to sleep even if the sun is up. Just make sure to use a tension rod when installing them, as they don't require any holes in the walls to stay supported.
- Before you make any purchases, it's critical to check for any restrictions in place. For example, a mini fridge and microwave may be no big deal, but items like coffee makers, toasters, George Forman grills, and hot plates aren't allowed in all cases.
- Having a few dishes (ideally non-breakable and microwave safe) and basic utensils can give them in-room dining options. Other basics like a can opener, chip clip, and storage containers are also helpful.
- Noise canceling headphones can allow them to enjoy a movie without having to bother their roommate
- Items like door hangers and sticky hooks for walls can provide your student with additional storage or display options in their dorm room, all without having to damage wall surfaces.
- A digital picture frame can let them display multiple photos all from a single spot.
- A nice shower caddy filled with their favorite shampoo, conditioner, body wash, and other items can help them have a relaxing experience in any easy to transport package.
- Make sure they have a strong laundry hamper with them so they can bring their dirty clothes from the dorm room and to the community laundry space.

.....One last thing is, while you will certainly want some items new, many of these can be passed on from other students and families. This includes dorm room decor, leftover supplies, shower caddies, pots and pans, plates and so much more. Here are some places you may be able to find gently used items to save:

- Facebook group sales pages
- Marketplace on Facebook
- Craigslist
- Hand-me-downs from recent college graduates you know

Maranda Brooks (Fayette County Family Consumer Science Extension agent)

*Tips brought to you by: <https://thescholarshipssystem.com/blog-for-students-families/dorm-room-set-up-on-a-budget/>



Homemaker President's News

HAPPY JUNE to All!

Greetings to all! Hope this letter finds all well! Welcome to the month of June but let me ask: **WHAT HAPPENED TO MAY??!!**

I find it hard to believe that this year is soon to be halfway over! Another season is coming.... Summer! I really don't think we really got a fair shake on Spring, but the flowers and gardens are soon to be in bloom and decorating our front porches and city streets. Even though you will get this newsletter after **Memorial Day**—check out the natural beauty that lies in the peaceful cemeteries—a beautiful sight to behold!

Please again, look through the newsletter—I hope you were able to attend the **EXPO** last month and maybe got some free flowers and herbs to get your gardens started! The **Gardener's Toolbox** has a lot of great classes and provides us all with great tips for getting our gardens to grow and produce bountiful crops. I love to can and took a few days to get my energy level back up to that this week! I have started with jams and jellies (yum). On the next few days, it is my goal to work with my small above ground herb garden—I love the taste a few sprigs of fresh herbs bring to a dish!

Please also be safe and cautious as you travel this summer. My husband and I were able to get “boosted up” recently because we are not yet convinced that the COVID days are over. Stay abreast of the things going on around you especially as we go into areas we are not familiar, like campsites and new territories, with our families, grandchildren and, etc..

I know Mother's Day takes far more attention than Father's Day but try and shed some extra light on our male family members, co-workers and friends! Try a new recipe or share a craft project to show some extra love and kindness! **Happy Father's Day to All! Love to all of our dad's!**

In the meantime, enjoy the month of June and note the interesting facts below:

- Fun fact---June used to be the 4th month in the year before the Julian Calendar was created
- Enjoy a cold glass of milk on June 1 “**World Milk Day**”—of cow's milk isn't for you—try almond, oat, cashew milk or make your own chocolate milk

- June 2 is **National Rocky Road Day**—this famous concoction created in 1929, consists of chocolate ice cream, nuts and a marshmallow swirl (yummy)
- June 3—**National Egg Day**—how do you like your eggs?
- June 4—**Hug your cat day!** If you have a feline friend—this is today for a few extra cuddles—treats work well or even a nice cat nap or two!
- June 4—Also **National Donut Day!** Everyone's favorite, I am sure! What is your favorite? Glazed? Savory bacon? Sprinkles? They all sound great!
- June 6—**Gardening as Exercise Day!** Gardening us easy on your joints, relaxing and great for the environment! No excuses!
- June 7—**National Chocolate Ice Cream Day**—A great treat on a hot summer day!
- There are tons more within in the THIRTY days of June—including **June 20th—the first day of summer! Enjoy!**

See below some SAVE the DATES and UPCOMING REMINDERS:

- **SAVE the DATE for Tuesday, August 23, early evening 6:30 pm**
- Fall kickoff with theme “Trust in the Magic of New Beginnings!” (décor magical themes, butterflies, etc)
- Our two agents have been hired: Come out and meet them at the Meet and Greet reception!
- Cultural Arts Display (Be working on summer-fall projects NOW!!!!) Cultural Arts time/ judging to be set later
- Election of new officers
- Hopefully, a time to return and fellowship with our clubs and invite new friends/membership!
- Any new ideas? Send them our way!

*Try and plan some **summertime vacations or short outings** to enjoy some fresh air and a new getaway—even if is a Kentucky state park!

*Continue to be **safe**.....continue your health regiments—doctor visits, mammograms, updates on vaccines, etc.—stay healthy!

HAVE A GREAT JUNE! LOVE AND BLESSINGS TO ALL!

Alyce Emerson, Homemaker President

BIG BLUE BOOK CLUB

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, "Beautiful Boy: A Father's Journey

through his Son's Addiction." Through moments of tenderness, anguish, and despair, we see hope for those living with addiction and the people who love them. "Beautiful Boy" sheds light on many aspects of addiction, including the complicated mix of factors that cause addiction as well as how families can respond to support their loved ones. Led by Dr. Alex Elswick, Extension Specialist for Substance Use Prevention and Recovery, this series will be held on Tuesdays July 12, 19, and 26 at 7:30 pm ET/6:30 pm CT. The first 200 registered participants will receive a free copy of the book. Please click the link to register:

ukfcs.net/BBbc2022Book2



International Dress Project

The dress project has turned into the most wonderful and bountiful gift to give around the world. An addition of 421 dresses and 48 shorts were delivered to Operation International for distribution globally. This could not have been accomplished if other counties around Fayette had not joined the project. Thank you for your help in sewing and fabric donations. Donations of fabric are appreciated.



Children on clothes

FCS CLASSES

"Vintage Christmas" Quilt: Beginning Friday, June 24th, 9:30 a.m. to 4:30 p.m.:

Two blocks will be taught every month beginning June 24th and ending November 18th (we are closed for Thanksgiving on November 25th). A total of twelve blocks will be taught over the next six months 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 the book can be purchased for you to complete this beautiful quilt on your own. Yardage and cutting instructions will be provided upon registration. *Skill Level: Advance Beginner. Cost: \$10.00 per month or you can pay the full series \$60.00 for Fayette County Homemakers Member or for non-members, please call the Fayette County Extension Office for fee amount.*



2022 FCS CLASS REGISTRATION FORM:

Name: _____ Phone: _____ E-Mail: _____

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

TOTAL Amount Enclosed \$ _____

FCS CLASS	AMOUNT	CLASS FEE
Beginning, Friday 6/24 (Ending 11/18/22): "Vintage Christmas" Quilt Class series - 9:30 a.m. to 4:30 p.m.		Cost: \$10.00 per month or \$60.00 for the complete series for Fayette County Homemaker members. For non-Homemaker members please
TOTAL FEE AMOUNT	\$	

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:

June 14: LinkedIn or LinkedOUT: How to Build a Knockout Profile & Network Yourself into Your Dream Job

Presented by Amanda Schagane, MEd, CCC, CCSCC, CCTC, Associate Director, Alumni Career Services, UK
Are you tapping into your full networking potential on LinkedIn? This session will address how to build a robust profile and strategies for using LinkedIn to network yourself into new job leads.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC61422>

June 28: Resumes: The Essential Document

Presented by Ray Clere, MS, Director, Stuckert Career Center, UK

The global pandemic has resulted in sweeping changes in the workplace including the strategies and approaches that employers utilize to attract and retain talent. Amidst this environment the resume has proven to be a surprisingly durable exception to the new "rules of the game." Come learn about content, formatting, strategy, and other important considerations to help inform your resume development.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC62822>

July 12: Take Your Job Search from Reactive to Proactive

Presented by Mandy Connelly, MPA, GCDF, Talent Development Coordinator, UK

Effective job search strategies in a quasi-post COVID world. Learn to find positions you actually want and create opportunities for connections to find unlisted openings.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC71222>

July 26: What's New in Interviewing?

Presented by Sara Talbott, SHRM-CP, MSHROD, M.A.E.d, Talent Acquisition Consultant, Hanna Resource Group

Interviewing may seem like something that is standard but with the ever-changing culture and still living through COVID-19, interviewing has changed. Many of those changes may stay with us for the foreseeable future. This presentation will analyze how to feel comfortable for an interview, how to prepare for an interview, and how to interview online!

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC72622>



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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



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