



**MARCH 2024**

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/>

**A Guide to Beginner Meal Planning and Meal Prepping  
 March 28 at 6:00pm**

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Call 859-257-5582 to register.

*Quilters' Guild of the Bluegrass presents...*

**Saturday  
 March 16  
 9:00 a.m.-3:00 p.m  
 Tickets \$5  
 Fayette County Cooperative Extension  
 1140 Harry Sykes Way Lexington  
 Light breakfast snacks provided  
 Catered Box Lunch \$10**

**Featured speaker: Cheryl Sleboda\***  
*"Heirloom Textures to Modern Quilts"*

- Shop the Vendors: Fabulous Quilt Stores offering fabric, machines, tools & notions
- Sharpen your Shears: Snippy Jim on site!
- View the Quilts: Display of Traditional to Modern Quilts
- Take a chance: Beautiful Spring Opportunity Quilt
- Bring a fat quarter: you may win the the lot!
- Receive a Gift Bag (First 175 PAID attendees)
- Win a Door Prize--It might be your lucky day!
- Bring a Friend! It will be a Wonderful Event!

\*for more information about Cheryl Sleboda, see her website: [www.muppin.com](http://www.muppin.com)

Cheryl will teach a quilting class on Sunday, March 17, from 10-4:00: "Heirloom Sewing for Modern Quilters. \$50 class

For class info email [QGBG.commteam@gmail.com](mailto:QGBG.commteam@gmail.com)



# 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](http://fayette.ca.uky.edu/classregistration)  
or call 859-257-5582



**January 16: Savory Winter Pork Stew**

**February 26: Everything Tuna Melts**

**March 28: Veggie Egg Rings**

**April 17: Lentil Sloppy Joes**

**May 21: Taco Pie**

**June 18: Fruited Coleslaw**

**July 16: Quick Couscous Salad**

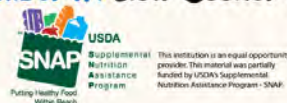
**August 20: Peanut Butter Oatmeal Bites**

**September 24: Ramen Skillet Dinner**

**October 15: Sweet Potato Hash**

**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](mailto:caroline.mcmahan@uky.edu)

## 2024 Program Schedule:

1/24	4/24	7/24	10/23
2/28	5/22	8/28	11/20
3/27	6/26	9/25	12/11

### 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.



### Cooperative Extension Service

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

Lexington, KY 40506



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!

**April 4, 2024:** *Sky Watch: Chasing and American Saddlebred Story* by Emma Hudelson  
*Sky Watch: Chasing an American Saddlebred Story* is not only the tale of a remarkable horse, but of the American Saddlebred breed and the way these horses carried one rider back to herself. Tracking the path of Sky Watch's success, Hudelson's book is a deeply personal homage to one of the sport's greatest show horses and the indelible impression he left on the breed and in the hearts of those who loved him.

**May 15, 2024:** *Between a Bird Cage and a Bird House* by Katerina Stoykova  
 The fall of the Iron Curtain in the early 1990s ushered in a new tide of European immigrants to the United States. These populations, which hailed primarily from Eastern Europe and the former Soviet Union, were largely adrift in America's cultural melting pot. Laden with their belongings and informed by their experiences, these immigrants became citizens of a new diaspora searching for space to exist in their adopted home.

In *Between a Bird Cage and a Bird House*, author Katerina Stoykova follows that which "calls / the roaming mind / looking for land" with the shell of her homeland at her back. Through themes of domestic abuse, the death of a parent, the loss of a friend, and the search for cultural identity, the poems in this collection transcend the borders of language and nation-states. As a Bulgarian immigrant, Stoykova weighs the differences between safety and captivity, exploring how one can feel sheltered yet still not feel at home.

**May 29, 2024:** *Foraging Kentucky* by George Barnett  
*Foraging Kentucky* is an expansive beginners' guide to safely and ethically foraging in the state. The species covered in the book are divided into three categories: herbaceous plants, fungi, and woody plants. Author, forager, and environmental educator George Barnett shares his extensive knowledge on the proper identification of the featured species, where and when they grow, and how to harvest and prepare them for consumption. Complete with high-definition color photographs, recipes, and short history lessons, this guide is chock-full of crucial information for readers who want to forge an enlightening relationship with the delectable foods naturally available in Kentucky's great outdoors.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the 2024 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. Sessions begin at 9:00am.

**Job Club Meeting Schedule:**

**March 12: HR-Approved Interview Techniques**

Presented by Candra Bryant, Chief Operating Officer, Hanna Resource Group

In her role as an HR leader, Candra imparts crucial insights into effective interviewing strategies. This presentation covers essential do's and don'ts, guiding job seekers on articulating impactful responses during interviews to secure employment. She will review effective communication through virtual platforms, the importance of body language, and pitfalls to avoid in answering standard interview questions.

**ATTENDEES REGISTER HERE:**

<https://bit.ly/JC031224>

**March 26: Writing Resumes That Get Noticed**

Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, CPRC, Director of UK Alumni Career Services

Wonder why you are not getting invited for interviews? Discover best practice resume formats, strategies to get through employer Applicant Tracking Systems (ATS), and how to showcase your key accomplishments. New ways to use AI to your advantage will also be addressed.

**ATTENDEES REGISTER HERE:**

<https://bit.ly/JC032624>



Smashed Potatoes

- 6 large baking potatoes
- 6 ounces fresh spinach
- 1 cup 2% Cheddar cheese, shredded
- Cooking spray
- 1 tablespoon canola oil
- 1 1/2 cups sliced, fresh mushrooms
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 4 green onions, thinly sliced
- 1/4 cup light sour cream
- 1/2 teaspoon black pepper

**Preheat** oven to 400 degrees F. **Wash** and dry potatoes. **Spray** the skins with cooking spray and **pierce** potatoes in several places with a fork. **Place** on a 13- by-18-inch baking sheet. **Bake** until tender, about 1 hour. **Wash** mushrooms, green onions and spinach. **Heat** oil in a skillet over medium-high heat. **Add** mushrooms and **sauté** for 6 minutes. **Add** the green onions and fresh spinach, **sauté** for 1 minute. **Slice** off the top inch of each potato, leaving a 1/4 inch border around the edge. **Scoop** out the flesh into a mixing

**bowl** and **mash**. **Add** mushroom mixture, Dijon mustard, sour cream and 1/2 cup cheese. **Mix** well and season with salt and pepper. **Scoop** mixture into potato shells and **sprinkle** with the remaining cheese. **Return** the potatoes to the baking sheet and **bake** until heated through and golden brown on top, about 20-25 minutes.

**Yield:** 6 servings  
**Nutritional Analysis:** 410 calories, 9 g fat, 4.5 g saturated fat, 20 mg cholesterol, 400 mg sodium, 70 g carbohydrate, 9 g fiber, 4 g sugars, 15 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>

## **International Sew Day**

Friday, April 19 from 9:00am-3:00pm 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.

## **Save on Auto Insurance**

Taking the AARP Smart Driver Safety Course could earn you a discount on your automobile insurance premiums for three to five years, and you will be a better driver. The AARP Smart Driver Safety Course will be held on March 27 from 9:00 a.m. to 1:00 p.m. at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. The AARP Smart Driver Safety Program is a classroom course for drivers aged 50 and over. The course identifies many of the changes which occur as we age and suggests strategies for accommodating those changes for safer driving. Participants who complete the course will receive a certificate which many car insurance agencies honor with a discount. A small fee covers course expenses: \$20.00 for AARP members (bring your membership card), \$25.00 for non-members. Feel free to bring a sack lunch if you would like, the class will continue through the lunch hour. Seating is limited. Pre-register by calling the Fayette County Extension Office at 859-257-5582.

## **Spring is the Time to Organize, Clean Up Your Financial Apps**

This year, there's a new item to incorporate into your spring-cleaning ritual: thoroughly examining your financial applications.

Right now is an opportune moment to sift through your financial apps, checking for any lingering balances. If you discover surplus funds sitting idly, consider moving this money to a high-yield savings account. Such accounts often offer more favorable interest rates and increased safety, allowing your money to grow.

Additionally, extend this routine to include any rebate or coupon applications you regularly use. It's easy to accumulate rewards and forget, but periodically checking these apps can reveal significant redeemable value. Converting these rewards into cash or depositing them into a savings account provides security and potentially earns you interest. This practice tidies up your digital financial footprint, enhancing your financial security and growth.

The decline in cash usage underscores a broader shift in consumer payment preferences. According to a 2022 study by the Pew Research Center, 41% of Americans reported not using cash for any purchases within a typical week. This trend highlights a pivot towards alternative payment methods, including debit and credit cards, digital wallets and money transfer applications. Such statistics reflect a changing landscape where digital transactions are becoming the norm, underscoring the importance of managing digital finances wisely.

Digital payment platforms like Venmo, PayPal and Cash App are on the rise. These apps offer convenience and flexibility, making them popular choices for a wide range of transactions.

A survey conducted by NerdWallet, in partnership with the Harris Poll, found that about two-thirds of mobile payment app users keep funds in their accounts. Notably, nearly half of these users have more than \$100 in their account at any given time, suggesting a significant level of trust and reliance on these platforms for financial management.

However, this trust may be somewhat misplaced regarding the security of stored funds. While these apps excel at facilitating quick transfers, they are not designed with the same protective measures as traditional banking institutions.

Banks and credit unions provide insurance through organizations like the Federal Deposit Insurance Corporation – more commonly known as the FDIC – ensuring that customers' deposits are protected up to certain limits. Unfortunately, many mobile payment apps do not offer this level of security, leaving users' balances potentially exposed. This distinction is crucial for users to understand, as it affects the safety and security of their funds. In the digital age, being vigilant about where and how money is stored is more important than ever, prompting a need for greater awareness and careful financial management.

*Source: Kelly May, senior extension associate for Family Finance and Resource Management*

## 2024 Homemaker Lessons

### **Savor the Flavor: Building Flavor with Herbs: Training – April 18 at 6:00pm**

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

LEXINGTON-FAYETTE COUNTY  
**DIABETES**  
*Expo*



Save the Date!

10am-2pm  
Saturday, April 27  
1140 Harry Sykes Way • Lexington, KY  
UK Cooperative Extension  
859-257-5582



# Attention HOMEMAKERS

## VOLUNTEERS NEEDED

### **Bluegrass Council of the Blind**

We are looking for dedicated volunteers to help sort fresh produce once a month to handout to clients with low to no vision. Please help make a difference in the lives of those in need.



**For more information please call our office.  
(859)257-5582 and ask for Jacqui Denegri**



**UK** Cooperative Extension Service



**A DIFFERENT WORLD & FCS PRESENTS**

# **SENSORY EASTER EGG HUNT**

**MARCH 24th • 1pm-3pm**

**FOOD • PICTURES WITH EASTER BUNNY • SENSORY FUN**

**FAYETTE COUNTY EXTENSION OFFICE**

**1140 HARRY SYKES WAY  
LEXINGTON, KY 40504**

**Bring your Easter basket**

**CALL : 859-257-5582 to register**



**Cooperative  
Extension Service**

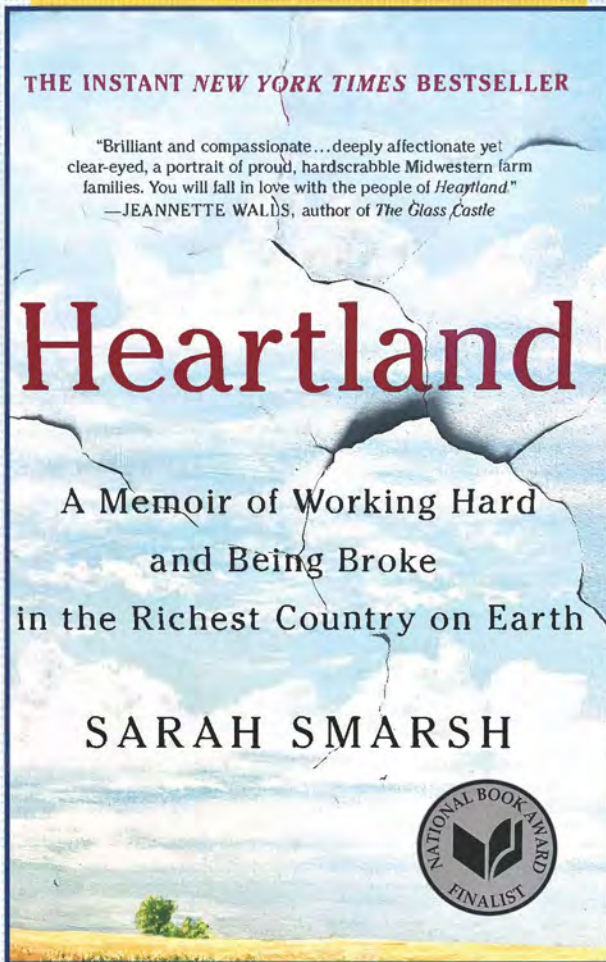
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities accommodated with prior notification.



WE ARE EXCITED TO  
READ WITH  
**YOU**  
THIS YEAR!

# BIG BLUE BOOK CLUB

**Big Blue Book Club** is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

Join us as we join the book club zoom at the  
**Fayette County Extension Office**  
1140 Harry Sykes Way, Lexington, KY 40504

- April 11, 2024, 11:00am
- April 18, 2024, 11:00am
- April 25, 2024, 11:00am

Light refreshments will be provided.  
A limited supply of used books are available  
for free (first-come-first-serve).

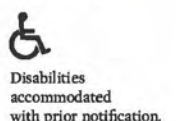
Call 859-257-5582 to register!  
For questions contact: [Maranda.brooks@uky.edu](mailto:Maranda.brooks@uky.edu)

Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
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Grandparents As Parents of Kentucky

www.gapofky.org

Thursday, March 21, 2024

Clarion Hotel
1950 Newtown Pike
Lexington, KY 40511

\$10 for grandparents,
relatives or caregivers

\$75 for professionals
(includes for CEUs)

20th Annual Bluegrass Regional
Grandparents Raising
Grandchildren Conference

Registration required:
Deadline - March 14, 2024

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 20th 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
Judy Russell

9:00 AM Kinship Families: Supporting Inter-
Generational Healing
Allison Davis Maxon, Licensed Marriage & Family
Therapist Executive Director, National Center on
Adoption & Permanency

10:45 AM Workshop Session One
1. Understanding Trauma Response: Is it
Survival or Defiance?
Brittany Gentry, DSW, LCSW-S Founder/
President of Trauma Education and Advocacy
2. Legal 101
Judge Tiffany Yahr & Corey Lee, Esq.
3. The Impact of Social Media on Mental
Health
Geoff Wilson, Lexington Counseling & Psychiatry

12:00 PM Lunch & Door Prizes

1:00 PM Workshop Session Two
4. Stress Management through Movement
and Rhythm
Maranda Brooks, Fayette County Extension
Agent for Family and Consumer Sciences

5. Family Bridges: Nurturing Trust, Openness
and Resilience in Tough Conversations
Arion Jett-Seals Holistic Rise, Wellness Coach/
Advocate
6. The Effects of Substance Use on Kids,
Parents and the Family System
Geoff Wilson, Lexington Counseling & Psychiatry

2:10 PM Keynote Session
7. Post Conference - Seven Core Issues in
Kinship Families: Strengths, Growth and
Healing
Allison Davis Maxon, Licensed Marriage & Family
Therapist Executive Director, National Center on
Adoption & Permanency

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



Grandparents As Parents Conference

The first 100 kinship caregivers to register will receive
a free copy of The Seven Core Issues Workbook for
Parents of Traumatized Children and Teens

Online registration available:
Scan the QR code



Grandparents/Relatives Signup for a
FREE LEGAL CONSULT

Conference Committee:

Maranda Brooks, Fayette County Cooperative Extension Office
Ann D'Ambruoso, Family Law of Kentucky, PLLC
Mary Jo Dendy, Sandersville/Meadowthorpe Family Resource Center
Carl Devine, Fayette County Family Court Judge
Kathy Distler, Grandmother
Anna Dominick, Osborne Fletcher, PLLC
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
Rachel Womack, The Bair Foundation





# Approaching 65: Making the Most of Medicare

Come learn how to navigate the complexities of Medicare. Discover essential insights & gain clarity  
So you know what options are right for you.

Fayette County Extension Office  
1140 Harry Sykes Way  
Lexington, KY 40504

March 27, 2024

5:30 PM

FOR MORE INFORMATION AND TO RSVP  
PLEASE CALL:

BLAKE ANDERSON  
859-489-7165

EXTENSION OFFICE  
859-257-5582





# 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.



**CROSTOWN  
CRESCENT BAG**  
2-DAY BEGINNER CLASS

Learn to make this fun zippered bag that can be worn over the shoulder or cross-body! The bag can be made with or without quilting your exterior fabric. This pattern is best for a confident beginner. Participants will need to purchase their pattern before class from [gracomakes on Etsy](#).

**2 PART CLASS:**  
SUNDAY MARCH 10TH  
4:30-7:30  
SUNDAY MARCH 24TH  
4:30-7:30

AT THE FAYETTE COUNTY  
EXTENSION OFFICE

**INSTRUCTOR:  
RACHEL ROBERTSON**

FEE: \$50

## **Bagel Basket Class**

**Tuesday, March 19, 2024 ~ 10:00am**

Basket measurement: 19” x 12” x 3 3/4”H and woven in natural, green and smoke Reed. An arrow weave design will be incorporated in the side weaving. 7” leather handles are attached to the ends. Good basket for all levels. Instructor Mary McAllister.  
Cost: \$55



## **SUPPLIES YOU MUST BRING FOR CLASS:**

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!***



## GETTING TO KNOW YOUR SEWING MACHINE

Have a sewing machine but not sure how to use it?  
Need a refresher?

Learn how to change stitch length, move your needle, wind a bobbin, thread your machine, change stitches, switch machine feet, and more, plus complete a small project.

Fayette County Extension Office  
April 7th | 4:30-7:30 PM  
Cost: \$25 per person

## Swedish Weaving

Join us for an introductory lesson into Swedish weaving on huck toweling. All materials will be provided, and no prior sewing/embroidery experience is necessary.

April 14th | 4:30-7:30  
Cost: \$25 per person

Open to all ages.

Instructors: Rachel Robertson and Loretta Gomez-Haley

### Patriotic Star Wall Hanging Class:

April 16, 2024 – 9:30am-5:00pm.

Grab your favorite red/white/blue fabrics and let's make this beautiful wall hanging that will showcase your patriotic love for those special holidays. I display mine for Memorial Day, 4th of July, Veterans Day, and many more.

Instructor: Patty Pruitt. Cost: \$20. Yardage and cutting instructions will be provided upon registration.



## FCS Class Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>	Please make check payable to: <b><u>Community FCS</u></b> and mail to: Fayette County Extension Office 1140 Harry Sykes Way Lexington, KY 40504
Crosstown Crescent Bag - March 10 & 24		\$50	\$50	
Bagel Basket - March 19		\$55	\$65	
Getting to Know Your Sewing Machine - April 7		\$25	\$25	
Swedish Weaving - April 14		\$25	\$25	
Patriotic Star Wall Hanging - April 16		\$20	\$20	
<b>TOTAL FEE DUE:</b>		\$		

## Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.

Return to the Extension Office no later than March 29, 2024.

### **Inspiring Grandchildren to Become Grand Cooks**

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

### **Creating Welcoming Communities**

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

### **Gardening Safely**

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

### **Using Your Air Fryer**

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

### **Composition in Photography**

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

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## How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

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## Understanding Your Credit Scores

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

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## Understanding Medicare and Medicaid

Understanding the in and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best informed decision of what is the best option and plan for you.

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## Savy Online Grocery

You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

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## Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

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## A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

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## Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.



# PLANNING AHEAD:

BUILDING A TOOLKIT TO HELP  
PREPARE YOU FOR CHANGES  
THAT ARISE IN LIFE

## About this series:

Join Maranda Brooks and special guests in 2024 throughout this 6-month series as they help prepare you for changes that arise in life. As you learn you will build a toolkit that will keep all your resources accessible and in one place! Light refreshments will be provided.

## Cost:

\$10.00 for the series

## Location:

Fayette County Extension Office  
1140 Harry Sykes Way  
Lexington, KY 40504

## Registration:

Register on-line:

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

**OR** call the extension office at 859-257-5582

## Series Schedule:



### Getting Started

Sunday, January 7th 5:00-6:30p



### Handling Financial Changes

Sunday, February 18th, 5:00-6:30p



### Advance Medical and Legal Directives

Sunday, March 24th, 5:00-6:30p



### Estate Planning

Sunday, April 14th, 5:00-6:30p



### Choices in End-of-Life Care

Sunday, May 19th, 5:00-6:30p



### Final Wishes

Sunday, June 23rd, 5:00-6:30p

## Cooperative Extension Service

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

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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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UNIVERSITY OF KENTUCKY, KENTUCKY STATE  
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