

# FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



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

SEPTEMBER 2022

## Cooperative Extension Service

Fayette County Extension

1140 Harry Sykes Way

Lexington, KY 40504

Phone (859) 257-5582

Email: DL\_CES\_Fayette@email.uky.edu

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

## Entertaining Little Ones

Come learn some ways to stay involved with young people while encouraging learning and fun! Discover how to work as a team to create a 5 day planner full of creative activities!

Join us for this Homemaker Lesson Leader Training on September 26, 2022 at 6:00pm at the Fayette County Extension Office. Please call the office 859-257-5582 to RSVP if you plan to attend.



## Apply now for the 2<sup>nd</sup> KEHA Leadership Academy

The Kentucky Extension Homemakers Association (KEHA) is accepting applications for a Leadership Academy. The training will be held March 1-3, 2023, at Blue Licks Battlefield State Resort Park. The goal of this second Leadership Academy is to strengthen leadership skills for emerging leaders within the organization and increase the pool of leaders available to hold county, area and state level elected and appointed positions. The academy will recruit up to 30 participants, with each area encouraged to provide the names of two delegates and one alternate. Interested KEHA members are encouraged to submit an application to the area KEHA president by Oct. 1. Eligible KEHA members are encouraged to apply! For more information, visit <https://ukfcs.net/KEHAleaders>.

## Project Dignity International Sewing Day – Update

- Thanks to everyone who took part in either, or both, of our Project Dignity International Sewing Days. I am happy to report that 667 reusable sanitary pads have been delivered for further distribution to young women in Africa.
- Please watch future newsletters for the next scheduled date.
- In the meantime, if you would like information to work on this project at home, please call or text Mary Colvin at 859-221-1833.



**FAYETTE COUNTY  
EXTENSION  
OFFICE**

**WILL BE CLOSED  
FOR LABOR DAY**

**MONDAY,  
SEPTEMBER 5, 2022**

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.



## **“FALL BACK INTO FITNESS SERIES”**

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

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

Classes will be on selected Tuesdays 4:45p-5:30p at  
Fayette County Extension Office, 1140 Harry Sykes Way  
(\*Only can join us for 30 minutes, no problem! Drop on in.)

Note the following class dates available to register for

September 20<sup>th</sup>, 27<sup>th</sup>

October 11<sup>th</sup>

November 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

Class capacity: 15 person capacity per class

No class fee! Free for everyone

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

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

## **International Sewing Project – September 12th**

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 September 12th, 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. For specific questions regarding the project, please call Rita at 859-433-1899. Material for the dresses is already cut and ready to sew. 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.

## 2022-2023 Homemaker Leader Lessons

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

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

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

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

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

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

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

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

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

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

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

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



For More Plate It Up  
Recipes, Visit:

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



## Grilled Pepper and Portabella Mushroom Sandwich

1 large red bell pepper	½ cup extra virgin olive oil	4 whole wheat buns
1 large tomato	Salt and pepper to taste	4 1-ounce slices fresh mozzarella cheese
1 small sweet onion	4 portabella mushroom caps, ¾ inch thick	4 tablespoons garlic hummus
16 fresh basil leaves		

**Preheat** outdoor grill to medium heat; **spray** grill grid and grill skillet with non-stick cooking spray. **Cut** pepper in half; **remove** core and seeds. **Cut** lengthwise, in ½ to 1 inch strips. **Cut** tomatoes and onion into ½ inch slices. **Wash** basil and remove stems. **Whisk** salt and pepper with olive oil. **Brush** both sides of mushroom caps with seasoned oil. **Place** on grill grate and cook until tender. **Remove** and keep warm. **Brush** pepper strips and onion slices with seasoned oil; **put** in grill skillet and **place** on grill. **Cook** until tender. **Separate** the buns and lightly **brush** halves with seasoned oil; **place** halves, oil

side down, on grill grate; **grill** until warm with grill marks. On the bottom bun, **add** 1 slice mozzarella cheese. **Heat** until slightly melted. **Remove** from grill. On top of the cheese, **add** one grilled mushroom cap, one tomato slice, one slice grilled onion, four grilled pepper strips and four basil leaves. **Spread** top half of bun with one tablespoon hummus and **add** to sandwich.

**Yield:** 4 sandwiches

**Nutritional Analysis:** 470 calories, 29 g fat, 7 g saturated fat, 20 mg cholesterol, 549 mg sodium, 36 g carbohydrate, 3 g fiber, 10 g sugars, 16 g protein.

# September is Ovarian Cancer Awareness Month

The UK Markey Cancer Center Ovarian Cancer Screening Program provides free annual sonographic screenings to women across Kentucky with the goal of detecting cancer early. When it's caught early, ovarian cancer is a treatable and curable disease.


The Ovarian Cancer Screening Program is open to women age 50 or older, or women over the age of 25 who have a family history of ovarian cancer. Screening is free. For more information, call 859-323-4687 or 800-766-8279.

## WHAT YOU NEED TO KNOW ABOUT OVARIAN CANCER

### RISK FACTORS

Many factors can increase or decrease someone's risk of developing ovarian cancer.

#### INCREASES RISK

 FAMILY HISTORY OF BREAST, OVARIAN OR COLON CANCER

 GENETIC MUTATIONS, LIKE BRCA

 POST-MENOPAUSAL

 INCREASED AGE

#### DECREASES RISK

 PREGNANCY


 BREASTFEEDING

 ORAL CONTRACEPTIVE USE

**#1** CAUSE OF GYNECOLOGIC CANCER DEATHS

**#5** CAUSE OF CANCER-RELATED DEATH IN WOMEN

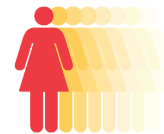
**#11** MOST COMMON CANCER IN WOMEN

**EVERY 23 MINUTES**  someone in the U.S. is diagnosed with ovarian cancer

**19,880** NEW CASES will be diagnosed this year

**12,810** WOMEN will die this year

**1 in 78** WOMEN will develop ovarian cancer in her lifetime



### SURVIVAL RATES

● MORTALITY ● SURVIVAL

**YEAR 5**  **49%**

**YEAR 10**  **35%**



CURRENTLY THERE IS **NO EARLY DETECTION TEST** FOR OVARIAN CANCER



A PAP TEST **WILL NOT DETECT** OVARIAN CANCER

Most ovarian cancer cases are diagnosed when the disease is advanced.

**ONLY 16%** of cases are diagnosed in the early stages.

### KNOW THE SYMPTOMS



If these symptoms occur for **MORE THAN 2 WEEKS** and these symptoms are new or unusual for you, see a gynecologist and ask about ovarian cancer. Research shows that seeing a gynecologic oncologist for surgery and treatment significantly improves outcomes.

COOPERATIVE EXTENSION

**UK** University of  
Kentucky.  
College of Agriculture,  
Food and Environment



# Bluegrass Area Extension Homemakers' Annual Meeting October 21, 2022

## Spotlighting Berea, Ky Featuring Obadiah Ewing-Roush, a Chautauquan, portraying



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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Lunch Menu:

McAlister's Deli will be catering—your box lunch selection includes a side, cookie, pickle, and drinks. Please make your selection from:

**McAlister's Club:** Smoked turkey, Black Forest ham, bacon, sharp cheddar, Swiss, lettuce, tomatoes, mayo and honey mustard on wheat bread.

**Harvest Chicken Salad Sandwich:** A Southern classic chicken salad dressed with spring mix and tomatoes, served on a croissant. **NOTE: Contains pecans.**

**Black Forest Ham Sub:** Black Forest Ham on sub bun with lettuce, tomatoes, and cheese.

**Veggie Wrap:** (Vegetarian) Spinach, tomatoes, crisp cucumbers, balsamic red onions, house roasted multicolored peppers, avocado and herb mayo in a wheat wrap.



## Please Join Us:

**When:**

October 21, 2022

**Where:**

Madison County Fairgrounds  
3237 Old Irvine Road  
Richmond, KY 40475  
(Note, gravel parking lot, no pavement)

**Time:**

9:00 a.m.—Registration  
9:30 a.m.—Call to Order

**Registration Deadline:**

**October 1, 2022**

**Registration Fee:**

\$15

**Checks Payable to:**

Fayette Co. Homemakers

**Return to:** Fayette Co Extension  
1140 Harry Sykes Way, Lexington 40504

**Bluegrass Area Cultural Arts:**

Available for viewing in Willis Hall, before, during, and after event

**For Questions:**

Call 859-257-5582

## Bluegrass Area Homemaker Annual Meeting Registration

Complete & return by **October 1, 2022**, with your check payable to "**Fayette Co. Homemakers**"

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

Email: \_\_\_\_\_

Club Name: \_\_\_\_\_ Mailbox Member \_\_\_\_\_ Guest \_\_\_\_\_

**Lunch Box Selection (check one):**

McAlister's Club     Harvest Chicken Salad     Black Forest Ham     Veggie Wrap



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Cooperative Extension Service

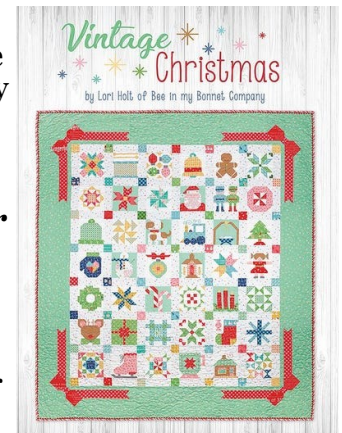
Cooperative Extension Service

Fayette County Extension  
1140 Harry Sykes Way  
Lexington, KY 40504-1383  
Phone (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.

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



**Day time** classes begin at 9:30 a.m. and will be held on September 30<sup>th</sup>, October 28<sup>th</sup> and November 18<sup>th</sup>, which all fall on Fridays.

**Evening** classes begin at 6:00 p.m. and will be held on September 26<sup>th</sup>, October 24<sup>th</sup> and November 14<sup>th</sup>, which fall on Mondays. Sewing supply list, yardage and cutting instructions for the blocks will be provided after registration. If you have any questions or concerns please feel free to contact Liz Kingsland by email at [elizabeth.kingsland@uky.edu](mailto:elizabeth.kingsland@uky.edu).

**“Medium Beach Tote Basket” ~ Tuesday September 20th, 10:00am-4:00pm:** This generous sized tote is woven on a 7" x 16" wood base and the entire basket is woven in 3/8" reed. Overlays on the outside done in multiple colors. **\*\*Supplies YOU must provide:** 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 as you will be working through lunch. Materials for making the actual basket (reed, etc.) will be provided. *Note:* Supplies are specifically cut for each basket two days prior to class. If you need to cancel, you **MUST** call 72 hours prior to class. Instructor: Mary McAllister. *Skill Level: Beginner. Cost: \$52.00 for Fayette County Homemaker Members and \$60.00 for non-members.*



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

**“Candid Basket” ~ Tuesday, October 4th, 10:00am-4:00pm:**

This multi-purpose basket is woven on a 6" x10" wooden base using natural and dyed reed. Overlays, arrow weave, waxed linen lashing and handle openings will be taught. Walnut colored handles for the finishing touch. **\*\*Supplies YOU must provide:** 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 as you will be working through lunch. Materials for making the actual basket (reed, etc.) will be provided.

*Note:* Supplies are specifically cut for each basket two days prior to class. If you need to cancel, you **MUST** call 72 hours prior to class. Instructor: Mary McAllister. *Skill Level:* **Advanced Beginner.**

**Cost: \$45.00 for Fayette County Homemaker Members and \$53.00 for non-members.**



**“Holiday Friendship Basket” ~ Tuesday, November 15th ~ 10:00am-4:00pm:**

This colorful holiday basket is woven on a 6" x 8" wooden basket and using a push-in handle. Natural, red and green dyed reed used throughout. The overlay loops will be done in bleached cane for a decorative touch. **\*\*Supplies YOU must provide:** 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 as you will be working through lunch. Materials for making the actual basket (reed, etc.) will be provided. *Note:* Supplies are specifically cut for each basket two days prior to class. If you need to cancel, you **MUST** call 72 hours prior to class.

Instructor: Mary McAllister. *Skill Level:* **Some experience is necessary.** **Cost: \$48 for Fayette County Homemaker Members and \$56 for non-members.**



**Make Checks Payable to:**

Community FCS Programs

**Return registration form and payment to:**

Fayette County Extension  
1140 Harry Sykes Way  
Lexington, KY 40504

**2022 FCS CLASS REGISTRATION FORM:**

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

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

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

FCS CLASS	AMOUNT	CLASS FEE
“Vintage Christmas” Quilt Class series - SELECT: 9:30 a.m. _____ OR 6:00 p.m _____		<b>\$10.00 per month for Fayette County Homemaker members. For non-Homemaker members please call the office for fee amount.</b>
Medium Beach Tote Basket, September 20th		<b>\$52 for Homemakers-\$60 for Non-members</b>
Candid Basket, October 4th		<b>\$45 for Homemakers-\$53 for Non-members</b>
Holiday Friendship Basket, November 15th		<b>\$48 for Homemakers-\$56 for Non-members</b>
<b>TOTAL FEE AMOUNT</b>	<b>\$</b>	





## **Come join UK Extension Family Consumer Science and Bluegrass Care for our Bluegrass PACE CARE**

### **“Lunch and Learn”!**

**When: Wednesday, September 7th, 2022, from 11:30am-1:00pm**

**Location: Fayette County Extension Office**

**1140 Harry Sykes Way Lexington, KY 40504**

**Lunch will be provided**

**PACE Care Comes to Kentucky!**

PACE stands for "Program of All-Inclusive Care for the Elderly." When you enroll in PACE, your care is coordinated by a dedicated healthcare team, to help you maintain independence in your own home. We bring care to you at home or at the PACE Center in Lexington, and there are no co-payments or deductibles if you qualify - services are 100 percent covered by Medicare and Medicaid.

**Join us to learn more about this unique new service now available in Fayette,  
Jessamine, Anderson, Woodford, and Franklin Counties!**

**Call the extension office at 859-257-5582 to register. Registration cap at 35.**



A Service of Bluegrass Care Navigators





Grandparents As Parents of Kentucky

www.gapofky.org

Thursday, September 22, 2022

Embassy Suites  
1801 Newtown Pike  
Lexington, KY 40511

\$10 for grandparents,  
relatives or caregivers

\$50 for professionals  
(includes for CEUs)

# 19th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

**Registration required:  
Deadline - September 15, 2022**  
For complete program and  
registration forms visit:  
<http://gapofky.org>  
or call: (859) 257-5582  
to have the program packet mailed

Grandparents, caregivers, relatives and professionals are invited to the 19th GAP (Grandparents and relatives As Parents) Conference to acquire relevant information regarding the primary care of children.

8:00 AM-3:30 PM - **Resource & Benefits Fair**  
(Limited number of legal consultations available throughout the day)

8:00 AM - **Registration**

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

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

Online registration available:  
Scan the QR code



\*For full workshop descriptions please visit [www.gapofky.org](http://www.gapofky.org)



Find us on Facebook  
Grandparents As Parents Conference

### Conference Committee:

Joan Brandenburg, Grandmother  
Maranda Brooks, Fayette County Cooperative Extension Office  
Ann D'Ambruoso, Family Law of Kentucky, PLLC  
Mary Jo Dendy, Sandersville/Meadowthorpe Family Resource Ctr.  
Carl Devine, Fayette County Family Court Judge  
Anna Dominick, Osborne Fletcher, PLLC  
Sandra Flynn, Grandmother  
Regina Goodman, Bluegrass Area Agency on Aging  
Arion Jett-Seals, University of Kentucky

Kelly Justice, Division of Youth Services  
Martha McFarland, LFUCG Aging Services  
Kate O' Ferral, Deep Springs Family Resource Center  
Donna Rash, Raised by Relatives  
Sheila Rentfrow, UK College of Social Work  
Dale Sanders, Grandfather  
Kristy Stambaugh, LFUCG Aging Services & Independent Living  
Mary West, KET



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**

#### **September 13: Kentucky's Economic Outlook for Fall**

Presented by Mike Clark, PhD, Director, Center for Business & Economic Research, Gatton College of Business & Economics, UK

Discover more about Kentucky's economic recovery and how it impacts the workforce, employment, and state economic indicators.

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

In person attendees at Fayette Co Extension, come between 8-9 a.m. for a free resume review with UK Alumni Career Services.

#### **September 27: How to Become a Job Whisperer: Effective Strategies to Engage Employers**

Presented by Kimberly Wickert, MRC, CRC, RETAIN KY Director, Organizational Partnerships, Human Development Institute, UK

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

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

#### **October 11: Job Search Tips & Strategies from a Panel of Regional Recruiters and HR Professionals**

This popular session will feature a panel of local HR professionals and recruiters. Acquire job search tips and strategies directly from those involved in the recruiting and hiring process. Use this opportunity to get your job search, application, and hiring inquiries answered, so come prepared with questions for the panel.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC101122>

In person attendees at Fayette County Extension, come between 8-9 a.m. for a free resume review with UK Alumni Career Services and a free LinkedIn head shot photo with a professional photographer.

#### **October 25: Strategies for Answering the 10 Most Common Interview Questions**

Presented by Sarah Madison, MSHR, Talent Development Consultant, Coastal Cloud

Ace your next interview after this useful review of the most common interview questions you can face, giving you the perspective from the other side of the table. From what you say, to how you say it, the little things make a big difference!

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC102522>

#### **November 8: LinkedIn Networking Tips: Making Meaningful Professional Connections to Grow Your Network**

Presented by Ramla Osman, External Partnerships Associate, Lewis Honors College, UK

Maintaining a strong network is critical during the job search. Learn how to connect authentically and design a professional profile using LinkedIn. Tips on how to connect with those you don't know, but want to meet, and keyword searching will be included.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC11822>

In person attendees at Fayette Co Extension, come between 8-9 a.m. for a free resume review with UK Alumni Career Services.



**University of Kentucky**  
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*Cooperative Extension Service*

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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.*



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 facebook.com/FayetteCoHM