

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
NOVEMBER 2024 NEWSLETTER



Thanksgiving

Written by: Nicole Peritore

The upcoming holidays can be a time of great joy and excitement. It can also be a time with a lot of stress. Do you find that as the holidays get closer, you get more and more stressed out about all that you need or want to do?

Thanksgiving may be the start of a hectic month until Christmas. Here are a few things that you can do to avoid Thanksgiving stress.

Make a list!

- Write down everything that you need to do. Your list might be long, and that is ok. Once you have it all written down, take some time to plan when you need to do each task. You can even break big tasks down into smaller tasks.
- Make your grocery list ahead of time. If you know what you need, try to pick up items as they go on sale.

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(Continued from pg. 1, Thanksgiving...)

If you can, plan ahead!

- If you are having visitors this year, try to confirm the number of people as soon as possible. It can be stressful not knowing how many people will be coming to your house.
- Plan what you are going to cook and if possible, cook and freeze some of the dishes before the holiday arrives.

Get some help!

- Ask other family members to help out with some of the items on your list.
- Ask another family member to pick up something on the way home or assist you in the kitchen, or even do a little cleaning.
- If you have several people over, ask guests to bring a side dish or dessert. This can cut down on your preparation time, as well as expense.
- Don't forget to ask for help after the Thanksgiving meal.

Traditions

Many of the holidays have certain traditions. What are your family's traditions? If you cannot think of any traditions, now may be a good time to think about starting some with your family.

Some of the more common traditions for Thanksgiving are:

- Cooking a special meal for Thanksgiving
- Calling faraway relatives that cannot be with you on the holiday
- Adding handprints or notes to a keepsake tablecloth that you can bring out every year

- Playing a family touch football game
- Decorating for Christmas the day after Thanksgiving

Encourage the family to be THANKFUL!

Sometimes it is hard to remember to be thankful. You can set a good example for your child if you take the time to talk about being thankful. Encourage him or her to share with you and the family what he or she is thankful for this year. This could be a time to catch up with relatives you do not see very often. Allow plenty of time for everyone to talk and catch up.

Encourage your child to help out this holiday season.

One way children can show how thankful they are is to help out around the house. During this time of year there are usually plenty of things to do. Ask your children to help in the kitchen when you are cooking, or ask them to help set the table, or perhaps help clean up after the Thanksgiving meal. Make sure you tell them how thankful you are they are helping!

Entertaining during the Thanksgiving holiday

If you have company over for Thanksgiving, some of them may leave after the Thanksgiving meal but some may stay for a while. Children often too, are looking for entertainment since they are home for the day and not in school. Many will want to be watching a football game on TV, but it may be a good idea to get some board games and cards for others who are not interested in the football game. If you have a wide range of ages, make sure you have something for each age level.



Carla A. Carter

From the Fingertips of Your FCS Agent

It's November already and I am loving the fall weather! I'm not complaining one bit. I have enjoyed having my windows and doors open to air everything out. Out with the old and in with the new. This month, I hope you go vote! We need to vote like our lives depend on it and they do. **YOUR VOTE MATTERS!** We also need to be mindful that Veteran's Day and Thanksgiving is this month. Don't get caught up in the consumerism and forget what this season is all about. **THANKFULNESS!** Thank a veteran for their service.

Last month was and always is a busy month for the Franklin County Extension Homemakers Association as we celebrate Kentucky Extension Homemakers Association Week, October 14th-18th. County Judge Executive Michael Mueller presented the homemakers with a proclamation. Thank you Judge Mueller!

We celebrated our Annual Ft. Harrod Area Meeting in Versailles. Wanda Atha and Denise Boebinger were recognized for their number of volunteer hours. It was an honor to return the Fort Harrod Area Membership plaque back to Franklin County Homemakers for greatest increase in membership in the area. Let's keep up the great work and give the gift of membership this holiday season.

I was at the Master Clothing Volunteer (MCV) Training in Cave City. Help me congratulate our newest MCV, Debi Newman, who was certified with the Class of 2022. Debi is instrumental in working with our 4-H sewing clubs. She is also an active member of CKHQG and participates in the Quilts of Valor. She will be starting a beginning quilting class in January 2025.

Thank you to everyone who attend the multi-county program on Healthy Eating Around the World in Boyle County. The agents have received so many positive compliments. It was good to see Franklin County Homemakers turn out in great numbers.

We had a great fellowship at the Homemaker's Potluck on October 28th. The food was so delicious. Most importantly it was good to see some new faces come and help us prepare for the Children's Holiday Store! It keeps getting bigger and better each and every year. If you have some time to share and/or would like to donate some gift bags, holiday cards contact Elizabeth Collins.

Finally, I will be attending my last conference of the year, the Kentucky Extension Association for Family and Consumer Sciences in Bardstown on November 20-22, 2024. We are celebrating our centennial year.

Happy Veterans Day and Thanksgiving! I'm grateful to serve as your FCS Agent and appreciate each and every one of you.



County Judge Executive Michael Mueller presents the Franklin County Homemakers with a proclamation from County Government recognizes KEHA Week, October 14-18, 2024.

Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov [in](#) [X](#) [f](#) [v](#) [@](#) [@niddkgov](#)

ADULT HEALTH BULLETIN



NOVEMBER 2024

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

Franklin County Cooperative Extension Office
 101 Lakeview Court
 Frankfort, KY 40601
 502-695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

Continued on the next page →



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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506



 Disabilities accommodated with prior notification.



There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

→ Continued from the previous page

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



FAMILY CAREGIVER HEALTH BULLETIN



NOVEMBER 2024

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

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THIS MONTH'S TOPIC

HONOR A CHILD CAREGIVER



According to the American Association of Caregiving Youth, approximately 5.4 million children, under the age of 18, care for a parent, grandparent, and/or sibling or other relative who is sick or has a disability. This is a responsibility most young kids do not have to face but some are forced to if their family cannot afford or find care.

Before and after school, young caregivers cook, clean, manage medications, and provide physical care and emotional support to not just one, but in some cases multiple loved ones who need help. As stress takes its toll, young caregivers are at increased risk for health problems including headaches and digestive

Continued on the next page 



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Disabilities accommodated with prior notification.



If you know a young caregiver,
create an opportunity for rest
by offering to make a meal
or help with physical care
so the child can have some time
to complete homework,
be with friends, play a sport,
or just breathe.

→ Continued from the previous page

issues. These kids go to school with anxiety, worry, and in some cases depression. As a result, their participation in school suffers.

Young caregivers are at increased risk for:

- Inability to focus
- Earning poor grades
- Getting in trouble
- Inability to relate to peers
- Failure to participate or fully engage in extracurricular activities

Connie Siskowski, a nurse and researcher who founded the American Association of Caregiving Youth (AACY), is concerned that young caregivers are going unnoticed. One of her studies showed that 22% of youths dropped out of school to care for a family member.

To help ease the burden of care on young people, and help kids be kids as well as caregivers, Siskowski believes they need more financial and emotional support. These kids also need a break. If you know a young caregiver, create an opportunity for rest by offering to make a meal or help with physical care so the child can have some time to complete homework, be with friends, play a sport, or just breathe.

Proper services for young caregivers demonstrate positive impacts on caregiving youth, including purpose, joy, empathy, and time management. The National Alliance on Caregiving recommends the following resources for young caregivers:

- **American Association of Caregiving Youth:** <https://aacy.org>
- **Kesem, support for children whose parents have cancer:** <https://www.kesem.org>
- **Lorenzo's House — support for children whose parents have early-onset dementia:** <https://lorenzoshouse.org>
- **National Alliance for Caregiving:** <https://www.caregiving.org>

REFERENCES:

- American Association of Caregiving Youth <https://aacy.org>
- American Heart Association. (2021). A Growing Phenomenon: Youth Caregivers Need Recognition, Support. Retrieved July 15, 2024 from <https://www.heart.org/en/news/2021/11/03/a-growing-phenomenon-youth-caregivers-need-recognition-support>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





7 TIPS FOR MANAGING THE HOLIDAY SEASON

The holiday season and all of its demands can cause increased stress. Here are seven practical tips to avoid struggling through the season.

The information contained in this document is for general information purposes only and does not attempt to provide medical, mental health, or any other type of health care service. This presentation is not intended to be an alternative to medical treatment, and the content may not apply directly to specific circumstances. The information is provided by UK HealthCare and while we endeavor to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, or suitability with respect to content.



CREATING A HEALTHIER KENTUCKY
At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Stick to a routine.

Consistency is important for your physical and mental health and can be soothing for you & your family.

If you break a routine, be intentional.

Follow the broad strokes of a schedule, but you can always add special treats — extra screen time or a slightly later bedtime for kids. If breaking a routine, communicate plans clearly.

Schedule some downtime.

If running around during the holidays has you feeling frazzled, try to schedule more downtime. You will be more pleasant and present if you take care of yourself.

Less is more.

Consider making some changes to your holiday traditions that not only ease your load, but that could also be a hit with the rest of the family.

Remember, it's the thought that counts.

Financial pressure is a huge source of stress during the holidays. Consider giving smaller, more sentimental gifts rather than expensive purchases.

Focus on doing nice things for others.

Think about visiting a nursing home or donating toys as a way to create positive holiday experiences. It will make your family more appreciative of all they have.

Change it up.

For families coping with loss during the holidays, try changing up your holiday routines. If you know you can't get through the same traditions without a loved one, do something different — start a new tradition.

Minimize the use of substances that impact mood.

Having a drink or two with friends may be OK, but remember not to overdo it. Using substances to manage stress isn't a long-term solution. Finding simple ways to cope and including down time in your life are more effective in managing stress and reducing emotional vulnerability.

Help is within reach

You don't have to do it all alone. It's normal to struggle with anxiety or depression during the holidays, and new telehealth options make therapy more accessible than ever before.

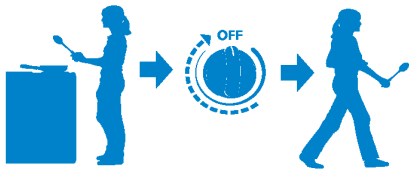
Cook Safely!

Prevent Kitchen Fires



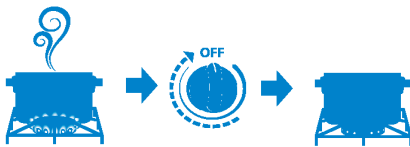
Did you know?

Cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!



✔ Stand by your pan:

If you leave the kitchen, turn the burner off.



✔ Watch what you are cooking:

Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.



✔ Turn pot handles toward the back of the stove:

Then no one can bump them or pull them over.



✔ Keep a pan lid or baking sheet nearby:

Use it to cover the pan if it catches on fire. This will put out the fire.

For more information and resources, visit
www.usfa.fema.gov



Click here to
add image.



The importance of cooking and eating at home

Source: Ingrid Adams, UK extension specialist for nutrition and weight management

The approaching holiday season reinforces a truth about eating: Dining at home with family and friends is rewarding, fun and enjoyable. In the coming year, consider making cooking and dining at home a priority in your family. It controls food costs and helps with weight management, and it brings a family together.

Research shows that having regular mealtime can improve the health of children, help with their social and emotional development, and help them do better in school. In the midst of a hurried world, the investment in family mealtime is well worth the time and effort.

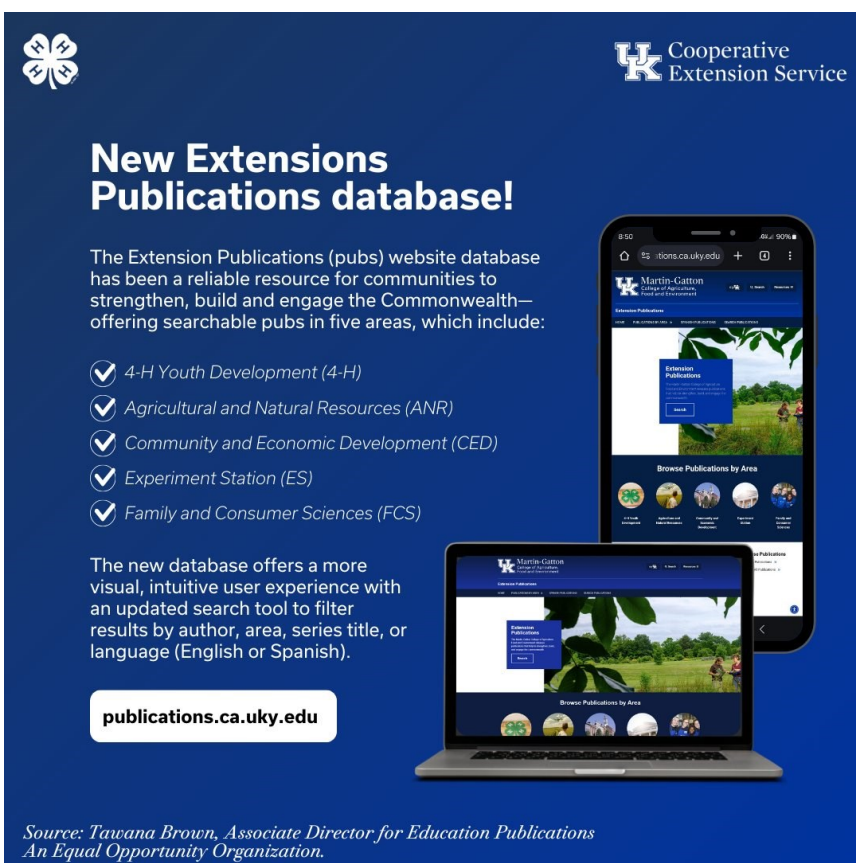
Healthy habits, including controlling portion size, eating only one portion, and choosing and cooking healthy options help adults and children control weight and it increases consumption of nutrients necessary for good health. Children who eat at regular meal times consume more fruits and vegetables and fewer fried foods and sodas.


One way to make cooking and eating at home easier is to assign tasks. Involve your whole family by getting them to participate. Assigned tasks (helping to plan menus and shop, setting the table, and clearing up after the meal) shares the workload and

reinforces the idea that these daily tasks are enjoyable.

Planning is another helpful tool that makes cooking and eating at home easier. Follow a grocery list and keep staples on hand to make cooking easier. Use the weekends to prepare entrees, such as lasagna, stew or other casseroles, that can be stored or frozen for use during the week. Prep vegetables and meat in advance and review ingredients and recipes to be sure you understand the cooking procedure. These basic techniques will help you get your family's dinner on the table in short order.

The new Extensions Publications website database is a reliable resource to find more information about cooking and eating more meals at home.



 Cooperative Extension Service

New Extensions Publications database!

The Extension Publications (pubs) website database has been a reliable resource for communities to strengthen, build and engage the Commonwealth—offering searchable pubs in five areas, which include:

- ✓ 4-H Youth Development (4-H)
- ✓ Agricultural and Natural Resources (ANR)
- ✓ Community and Economic Development (CED)
- ✓ Experiment Station (ES)
- ✓ Family and Consumer Sciences (FCS)

The new database offers a more visual, intuitive user experience with an updated search tool to filter results by author, area, series title, or language (English or Spanish).

publications.ca.uky.edu

Source: Tawana Brown, Associate Director for Education Publications
An Equal Opportunity Organization.

Learn the facts with the Talking FACS podcast!

Source: Melinda “Mindy” McCulley, Agriculture Extension Specialist, Family and Consumer Sciences at Martin-Gatton College of Agriculture, Food and Environment

Hosted by the University of Kentucky Family and Consumer Sciences Extension program, the Talking FACS (Family and Consumer Sciences) podcast offers a weekly show about family, food, finance, fitness and more.

Since 2018, the Talking FACS podcast has been offering research-based information and inspiration on a wide range of topics and themes including:

- Addiction and recovery
- Adult development and aging
- Air quality
- Big Blue Book Club's Snack Club series (includes tips for raising healthy eaters)
- Cancer conversations
- Career development
- Civic engagement
- Disaster recovery
- Family finance
- Feeding children and infants
- Food safety
- Making healthy choices
- Mental health
- Parenting
- Physical activity
- Safety

And more!

Partnerships with UK Healthcare’s Markey Cancer Center and the UK College of Dentistry have inspired two spin-off shows, Cancer Conversations and KY Smiles, which are both available on Talking FACS. Cancer Conversations episodes drop monthly, sharing cancer news across Kentucky. KY Smiles shows are scheduled to address timely topics, such as during Children’s Dental Health Month.

With more than 400 shows to date and 20,000+ hits a month, the Talking FACS podcast offers a little bit of something for a large bunch of folks in Kentucky and beyond.

Talking FACS podcast episodes can be found at <https://ukfcsext.podbean.com>.



ukfcs.net/TalkingFACS7-18

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NOW on Talking FACS!

Staying Up-to-Date with Adult Vaccines: What You Need to Know

with Katherine Jury, MS
Extension Specialist | Family Health



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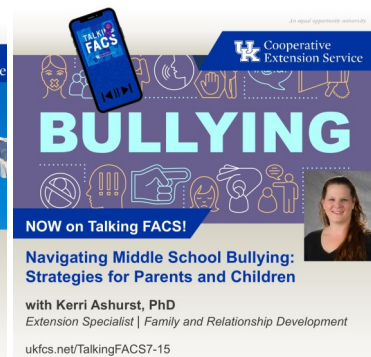
It's MONEYWISE

On Talking FACS

Saving Money on Clothing Care

with Jeanne Badgett
Extension Associate | Clothing and Textiles

ukfcs.net/TalkingFACS7-14



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BULLYING

NOW on Talking FACS!

Navigating Middle School Bullying: Strategies for Parents and Children

with Kerri Ashurst, PhD
Extension Specialist | Family and Relationship Development

ukfcs.net/TalkingFACS7-15

UNIVERSITY OF KENTUCKY RESEARCH



Help Us Learn About The Nutritional Choices You Are Making

Do you take care of a child under two years old or are you currently pregnant? Researchers at the University of Kentucky want to learn about the food choices Kentucky mothers and primary caregivers are making for their children and themselves through a survey.

You may be eligible to participate if you:

- Have a child under two years old
- Or you are currently pregnant



SCAN ME

Contact:
Suzanna Attia
suzanna.attia@uky.edu

 Center for Clinical and
Translational Science
Accelerating discoveries to improve health™

 Research
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UPCOMING *Events*



BIG BLUE BOOK CLUB

LAUNDRY LOVE
FINDING JOY IN A COMMON CHORE
PATRIC RICHARDSON
with Karin B. Miller

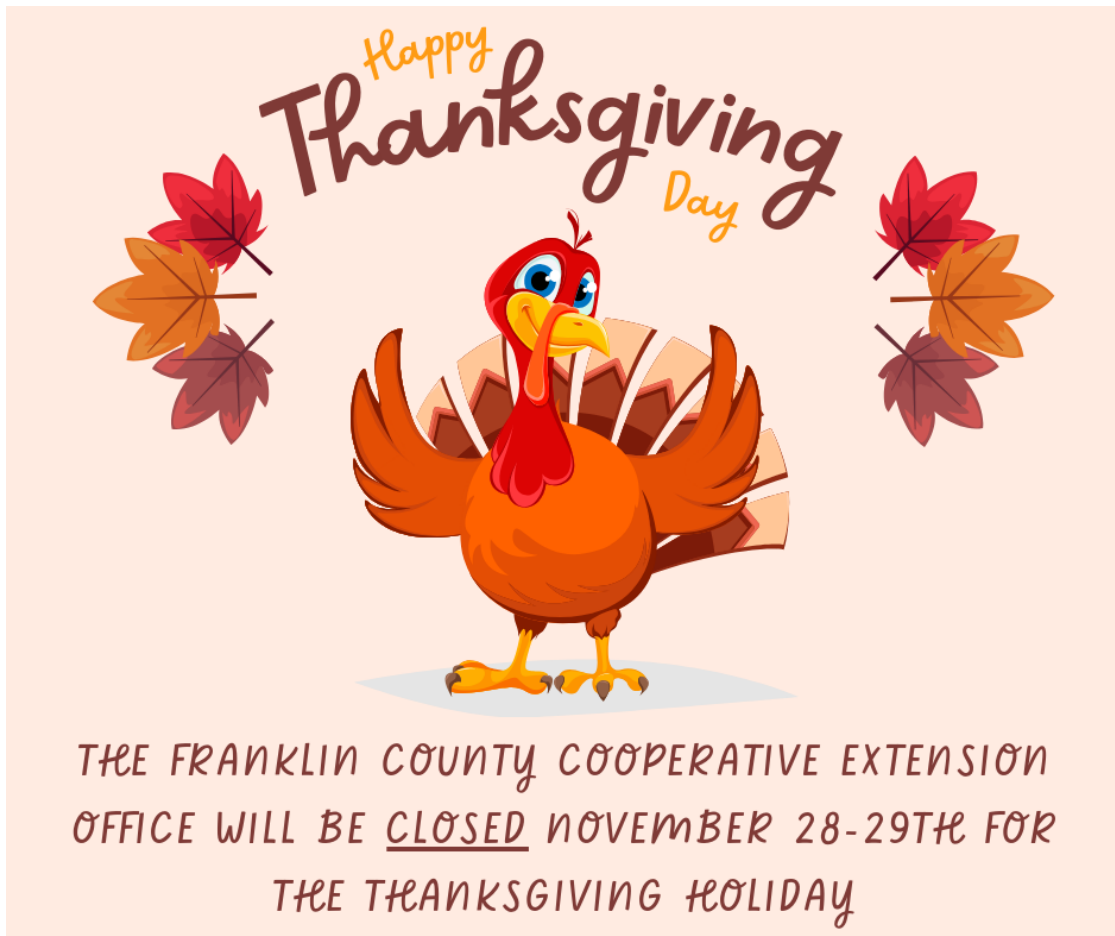
THURSDAY
NOVEMBER
7
2024

VIA ZOOM

7:00 PM
EASTERN/
6:00 PM
CENTRAL

REGISTER @ <https://ukfcs.net/BBBClaundry>

 Cooperative Extension Service | Family and Consumer Sciences



Happy Thanksgiving Day

THE FRANKLIN COUNTY COOPERATIVE EXTENSION OFFICE WILL BE CLOSED NOVEMBER 28-29TH FOR THE THANKSGIVING HOLIDAY

HEALTHY EATING *For the* HOLIDAYS

Healthy Aging Workshop Series 2024



NOVEMBER 20
1:30-3PM

TOPICS

- > Making healthy food choices
- > Diabetes education
- > Food demonstration

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E
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K
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R
S



DEBBIE BELL
RD, LD, CDE, MLDE



YOLANDA JACKSON
RD, LD

First Baptist Church Frankfort | Fellowship Hall
100 Clinton Street
Frankfort, KY 40601





**Franklin County
Homemakers**



*Children's
Holiday Store*

Children will shop privately with an elf to purchase handcrafted items within their budget.

11/23/2024 9 AM- 12 PM

AGES 4-12

- ITEMS COST BETWEEN .25 CENTS AND \$5.00
- CASH ONLY-SMALL BILLS (\$1, \$5, \$10)

Spread the Joy!

**Franklin County Cooperative Extension
101 Lakeview Court, Frankfort KY 40601**

502-695-9035



**Cooperative
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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JOIN US FOR A
HOLLY JOLLY
CARD MAKING CLASS

DECEMBER 3, 2024
FROM 5-7:30 PM

101 Lakerview Court, Frankfort KY 40601
RSVP by November 26th: 502-695-9035

\$12 per person.
All supplies are included.
Space is limited.

Cooperative
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Disabilities
accommodated
with prior notification.

Family and Consumer Sciences

Franklin County
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 Frankfort, KY 40601-8750
 502-695-9035
<http://franklin.ca.uky.edu>

 **Martin-Gatton**
 College of Agriculture,
 Food and Environment
 University of Kentucky.



**Customize Your
 Ornament on Canvas
 December 8, 2024 at 3:00 p.m.**

**Franklin County
 Extension**

**Supplies and refreshments included.
 \$25 per person. Space is limited.
 Register by December 2, 2024.
 502-695-9035**

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 Lexington, KY 40506



CHRISTMAS

14



DEC

MARKET

9AM-3PM



GIFTS | FOOD | SANTA 11AM - 1PM

CAPITAL CITY ACTIVITY CENTER

202 MEDICAL HEIGHTS DR., FRANKFORT, KY 40601

502-223-5794 | WWW.FRANKFORTKYSENIORS.ORG

VENDOR INFO: CONTACT ROBIN/MARCHELE 502-223-5794

MEMBERS@FCCOA.COM OR MJENKINS@FCCOA.COM

BOOTH RENTAL: CALL/EMAIL FOR APPLICATION/PRICING INFORMATION

**PLEASE CONSIDER DONATING A NONPERISABLE FOOD ITEM TO HELP
RESTOCK HELPING HANDS FOOD PANTRY**

SOLAR PANEL WORKSHOP & OPEN HOUSE

CURIOS ABOUT SOLAR?

Join us to see how the Franklin County Cooperative Extension office has made the transition!



TOPICS INCLUDE:

- How solar panels work, including battery backup
- Hands on walk through of our system
- Agricultural applications
- Incentives for residential, small business and farm businesses.



SPEAKERS:

- David Gomez, Daily Green Power
- Andy McDonald, Apogee-Climate & Energy Transitions, Kentucky Solar Energy Society
- Joshua Jackson, UK Assistant Extension Professor


**NOVEMBER
12, 2024**

6:00 PM

**CALL FOR MORE
INFORMATION!**

502-695-9035






Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple	1 cup halved seedless green grapes	½ cup chopped walnuts
1 cup chopped Red Delicious apple	1 cup halved seedless red grapes	8 ounces non-fat vanilla yogurt
1 cup diced celery	1½ cups dried cranberries	2 tablespoons honey
		¼ teaspoon cinnamon

- 1. Combine** chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
- 2. In a separate bowl,** add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Yield: 8, 1 cup servings.
Nutrition Analysis: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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



**Be sure to follow our Facebook page
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information and articles.**



@FranklinCountyKyCooperativeExtension

Carla A. Carter

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County Extension Agent for
Family and Consumer Sciences

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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.