

Family and Consumer Sciences

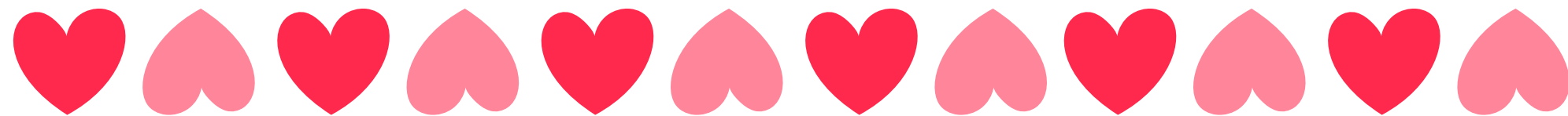
UK Cooperative
Extension Service
Family and Consumer Sciences

FEBRUARY

Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca@uky.edu



2025 NEWSLETTER



Calendar of Events (February and March)

Feb 11	5pm	Homemaker Leader Lesson "Watch Party"
Feb 17	5pm	Homemaker Council
Feb 18	12pm – 1pm	Lunch N Learn
Feb 24	10am – 11am	Laugh N Learn
March 10	5pm	Homemaker Leader Lesson "Watch Party"
March 11	12pm – 1pm	Lunch N Learn
March 11	1pm–3pm	Crochet 101: Session 1
March 18	1pm–3pm	Crochet 101: Session 2
March 24	10am – 11am	Laugh N Learn
March 24	5pm	Homemaker Council Meeting
March 25	1pm–3pm	Crochet 101: Session 3

Jessamine County Extension Homemaker Clubs

Hearts N' Hands
First Tuesday of the month, 10 a.m.
at the Extension Office

Town N' Country
First Tuesday of the month, 6 p.m.
at the Extension Office

Happy
Second Tuesday of the month, 6 p.m.
in a member's home

Garden Club
Third Monday of the month, 1 p.m.
at the Extension Office

4-HMothers
Third Wednesday of the month,
9:30 a.m. in a member's home

Edgewood Evening
Fourth Monday of the month, 6:00
p.m. at the Extension Office

Piece Quilters
Every Tuesday, 9:30 a.m., Ag Center
RoomA

Follow us Online!

****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**

Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!
<https://jessamine.ca.uky.edu/>

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



Disabilities
accommodated
with prior notification.

Lunch N Learn

Join us at the Jessamine County Ag Center for
Lunch N Learn!

We will be making the February recipe from the Nutrition
Education Program Yearly Recipe Calendar,
Buffalo Cauliflower bites.

**Feb 18, 2025
12pm - 1pm**

Please call the Jessamine County Extension
Office at 859-885-4811 by Feb 13th to register.



Lunch N Learn

Join us at the Jessamine County Ag Center once a month for
Lunch N Learn as we prepare recipes from the Nutrition
Education Program Yearly Recipe Calendar!

2025 Dates:

It will always be from 12pm - 1pm

January 15 July 15

February 18 August 12

March 11 September 9

April 8 October 14

May 20 November 11

June 24 December 9

CROCHET 101

**TUESDAYS, MARCH 11, 18 & 25,
1:00PM- 3:00PM**

**Deadline to register: Tuesday, March 4
Call Extension Office at (859) 885-4811 to register.
Limited Space.**

Ever wanted to learn how to crochet? Knowing how to crochet you can create everything from large Afghans to delicate jewelry. In this series of classes, you will learn the basics about how-to, the materials needed and reading patterns.

Cost is \$25.00 for all 3 sessions and includes, hooks, yarns/threads and other supplies.



Disabilities accommodated with prior notification.



Laugh and Learn

Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten readiness objectives!

Each month offers learning activities that are relevant to children's developments and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register your child/children!

The 2025 Dates:

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 10
June 23	December 22

10am- 11am



Disabilities accommodated with prior notification.

HEALTH BULLETIN



FEBRUARY 2025

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

NAME County Extension Office
000 Street Road
City, KY Zip (000)
000-0000

THIS MONTH'S TOPIC

IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



Caring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.

- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

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Disabilities accommodated with prior notification.

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- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital

because it stresses personal values and helps caregivers make better choices. This deep level of connection fosters trust and closeness.

Don't be afraid or ashamed to ask for help.

Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.

- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.

- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.

- **Respect wishes.** Both partners need to set limits that respect wishes and ability.

- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.

- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.

- **Stop blame.** Do not judge or blame your partner for their situation.

- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.

- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

REFERENCES:

- Johns Hopkins Medicine. (n.d.). Supporting a Spouse through a Health Challenge. Retrieved 12/17/24 from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/supporting-a-spouse-through-a-health-challenge>
- Nelson, C. (n.d.). Caring for an Aging Spouse: Unique Challenges. Retrieved 12/17/24 from <https://caregiver.com/articles/aging-spouse-challenges>
- Woodruff, L. (2022). AARP. How to Be a Partner, Not a Parent. When Providing Care for a Spouse: Ways to keep the romantic connection alive despite illness or injury. Retrieved 12/17/24 from <https://www.aarp.org/caregiving/health/info-2022/keep-romance-alive.html>

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Stock images:
Adobe Stock



Dear Homemakers,

Happy February and Happy 2025! January was a COLD one for us, here in Jessamine County, and I hope each and everyone of you were able to stay inside all warm and cozy!

I have given your club presidents ballots for the 2025-2026 Fort Harrod Area Leader Lessons. Please fill those out as a club and return to me by March 14th! I have also attached it in this Newsletter, if you would like to fill it out individually, you can rip it out and bring it into the Extension Office. I will send reminders :)

The itinerary for the Area trip to Brown County is also attached here in the newsletter. If you would like to attend, please send in a deposit of \$50.00 or the complete amount along with a note stating your name, address and phone number, and who you will be rooming with on the trip to Martin Tours. You can either send it to the address on the itinerary or call the number and give your information and pay over the phone.

Lastly, I will out of the office for trainings February 5th-7th and February 19th-21st. If you have any questions or need me, please give the office a call and leave me a voicemail! I will get back with you as soon as possible. Thanks!

Sincerely, Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences

MARTIN TOURS, INC.
224 LOGAN AVE.
STANFORD, KY 40484
1-866-346-8687

TOUR: BROWN COUNTY, INDIANA
GROUP: FORT HARROD HOMEMAKERS
Debbie Pierce 859-873-9165
DATE: APRIL 21-22, 2025
COST: \$369.00 Per Person Double Occupancy
\$359.00 Per Person Triple Occupancy
\$349.00 Per Person Quad Occupancy
\$50.00 Per Person Non-Refundable Deposit
Balance due March 1, 2025.
PRICE INCLUDES: Transportation by motor coach; Dinner and lodging at Brown County Inn. Shopping in Nashville, Indiana. Visit the Brown Co State Park.

MONDAY, APRIL 21, 2025

8:00 AM - 11:00 AM Leave Lexington – Arrive **Nashville, Indiana**
11:15AM - 12:15PM Lunch (on your own).
12:30PM - 4:30 PM Shopping in the unique village of Nashville, Indiana.
4:45PM Check in at the **Brown Co. Inn.**
6:00PM **Dinner (included) at Brown Co. Inn.**

TUESDAY, APRIL 22, 2025

7:00AM - 8:00AM Breakfast (on your own).
8:00AM - 11:00AM **Visit the Brown Co. State Park.**
11:00AM - 12:00PM Lunch (on your own) at the park.
12:00PM - 3:00PM Leave Nashville, IN. – arrive Lexington.

THANKS FOR TRAVELING WITH MARTIN TOURS!!!!



2025-2026 Fort Harrod Area Extension Homemakers Lesson Ballot



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

Please check one: Individual Ballot _____ Club Ballot, Club Name _____

Please choose the top 8 lessons you would like taught in the 2025-2026 Extension Homemaker year. Return your ballot to your County Extension Office **no later than March 30, 2025.**

Cultural Arts and Heritage

_____ **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.

Environment, Housing, and Energy

_____ **Carbon Monoxide** – Carbon monoxide (CO) is a poisonous gas that you can't smell or see. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.

_____ **Radon: A Silent Killer** – Do you know which cancer is the nation's leading cause of deaths? It may surprise you. The answer is lung cancer. And something in Kentucky homes may be contributing to the cause. Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also because of Kentucky's high radon levels.

International

_____ **Creating Welcoming Communities** - All societies experience shifts in culture, and modern America is no exception. 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.

Family and Individual Development

_____ **Mental Health Matters** - Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw

attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

_____ Navigating Trauma After a Natural Disaster - This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.

Food, Nutrition, and Health

_____ Yoga-ta Try This! - Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

_____ 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 you can use 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.

_____ 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 share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

_____ 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. 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 buying an air fryer.

_____ Planning Thrifty and Healthy Holiday Meals - Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

Leadership Development

_____ The Power of Civic Engagement: Strengthening Our Communities - Ready to make a difference? In this session, we'll dive into the power of civic engagement and discover how each of us can help shape a more vibrant, inclusive community. Participants will learn about different ways they can get involved — whether through volunteering or participating in local boards and organizations. This lesson is designed to inspire action and provide tools for making a positive difference in your community.

_____ Sharing Your KEHA Message - Have you ever been asked “What does your group DO?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

Management and Safety

_____ Stretching Your Dollar: What to Do When the “Ends” Don't Meet “Making ends meet” is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

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

_____ Selecting Sheets - Cooling? Percalé? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!



Nutty Sweet Potato Biscuits

1 cup all-purpose flour
½ cup whole wheat flour
1½ teaspoons baking powder
½ teaspoon salt

¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
½ cup chopped walnuts
1 cup mashed sweet

potatoes
6 tablespoons sugar
¼ cup butter, melted
½ teaspoon vanilla
1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
4. **Bake** at 450°F for 12 minutes or until

golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

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

