

FAMILY & CONSUMER SCIENCES NEWS

NOVEMBER 2024

A MESSAGE FROM YOUR FCS AGENT:

Hello November!

A huge thank you for turning in your dues and cultural arts items – your support and dedication is valued! November is going to be an exciting month, with Laugh and Learn, Etiquette at SMS, the big 2024 Cooking Through the Calendar finale, and the SMS Reality Store all lined up! Just a reminder, our office will be closed November 5th for Election Day and November 28-29 for Thanksgiving. Wishing you all a joyful, cozy Thanksgiving filled with family and friends.

Take a look inside to see important upcoming dates!

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Katie Fryman





Homemakers News

November Meetings:

- **November 7th-** Hillsboro Homemakers Thanksgiving, 5:00pm @ Hillsboro Christian Church
- **November 12th-** Yarn Club, 6:00pm @ FCEO
- **November 18th-** Neighborhood Kids Club, 6:00pm @ FCEO
- **November 19th-** Hillsboro Homemakers, 12pm @ Hillsboro Christian Church
- **November 21st -** Country Neighbors, 6:00pm @ the FCEO
- **November 25th -** Treasures of the Heart, 6pm @ FCEO
- **November 26th-** Baby Quilt Making Day, 9am-4pm @ FCEO

UPCOMING!

- **December 4th -** Baby Quilts Delivery to Shriners Hospital in Lexington, KY, please contact Violet Barbee or Katie Fryman for more information.
- **December 9th -** Fleming County Homemakers Christmas Celebration, 6:00pm @ Pleasant Ridge Christian Church in Cowan KY - Bring a handmade or store-bought ornament for the ornament exchange game and your favorite side dish/Hors d'oeuvres, please contact Violet Barbee or Katie Fryman if you plan to attend! :)
- **December 10th -** Fleming County Extension Christmas Open House, 8:30am-12:00pm.
- **May 6-8 2025 - KEHA State Meeting, Hyatt Regency Lexington**

NOVEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 OFFICE IS CLOSED 	6 10AM-11PM - LAUGH & LEARN	7 5PM-HILLSBORO HOMEMAKER THANKSGIVING- GLENNA PETERSON	8	9
10	11	12 6PM- YARN CLUB @ FCEO - TERESA SILVEY	13	14	15	16
17	18 6PM- NEIGHBORHOOD KIDS CLUB @ FCEO - VIOLET BARBEE	19 11AM- CTC HILLSBORO 12PM-HILLSBORO HOMEMAKER MTG- GLENNA PETERSON	20	21 6PM- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE	22	23
24	25 6PM- TREASURES OF THE HEART FCEO / SUSAN WOOD	26 9AM-4PM BABY QUILT MAKING DAY	27	28 OFFICE IS CLOSED 	29 OFFICE IS CLOSED 	30

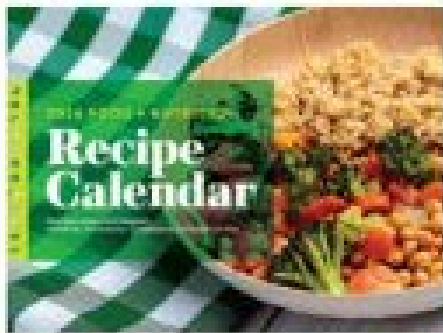
COOKING THROUGH THE
Calendar

JOIN US FOR THE GRAND FINALE OF 2024 COOKING THROUGH THE CALENDAR! THIS MONTH, WE'LL COMBINE NOVEMBER AND DECEMBER'S RECIPES INTO ONE EXCITING SHOWCASE. PLEASE NOTE, THERE WILL BE NO FLEMINGSBURG SESSION IN NOVEMBER. DON'T MISS THIS FINAL CHANCE TO COOK AND CELEBRATE TOGETHER!

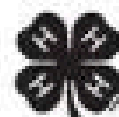
11/19/24 11:00AM @ HILLSBORO
CHRISTIAN CHURCH

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Fleming County Extension Office
1384 Elizaville Road
Flemingsburg, KY 41041
(606) 845-4641



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.





UK Cooperative Extension Service



Baby Quilt Making Day

hosted by the Fleming County Extension Homemakers

Utilizing Homemaker talents, we work to give to children that are dealing with medical challenges, by providing quilts at Shriner's Hospital.



Fleming County Extension Homemakers donated 50 Baby Quilts to the Shriner's Children's Hospital in Lexington, KY on Tuesday, Sept. 3, 2024.

TUESDAY NOVEMBER 26, 2024

9:00AM - 4:00PM
FLEMING COUNTY EXTENSION OFFICE
1384 ELIZAVILLE RD. FLEMINGSBURG



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.



NOVEMBER 2024

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

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

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.



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative Extension, KY 40006

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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 Jurg, MS
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Designed by: Rusty Morrison
Stock Images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 11

Fleming County Extension Office | 1384 Elizaville Road | Flemingsburg, KY | 41041 | (606) 845-4641

THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-it-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

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Louisville, KY 40202

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Louisville, KY 40202

Official Business
Address Serviced Requested



Zippy Corn Chowder

1 medium onion, chopped	and chopped	3 cups fresh or frozen whole kernel corn
1 green pepper, chopped	2 teaspoons Dijon mustard	4 green onions, chopped
1 tablespoon butter	1 teaspoon basil	2 cups skim milk, divided
1 (14.5 ounce) can low-sodium chicken broth	½ teaspoon paprika	2 tablespoons all-purpose flour
2 large red potatoes, cubed	½ teaspoon crushed red pepper flakes	1 teaspoon salt (optional)
1 jalapeno pepper, seeded		

In a large saucepan, **sauté** onion and green pepper in butter until tender. **Add** broth and cubed potatoes. Bring to a **boil**. **Reduce** heat; **cover** and **simmer** for 15 minutes or until potatoes are almost tender. **Stir in** jalapeno, mustard, basil, paprika and red pepper flakes. **Add** corn, green onions and 1½ cups of milk. Bring to a **boil**. In a separate bowl, **combine** all-purpose flour and remaining ½ cup

milk, **stirring** until smooth. Gradually **add** mixture to soup. Bring to a **boil**. **Cook** and **stir** for 2 minutes or until thickened and bubbly.

Yield: 8, 1 cup servings

Nutritional Analysis: 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein



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