

Family and Consumer Sciences

UK Cooperative Extension Service
Family and Consumer Sciences

December January

2024 NEWSLETTER

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

FAMILY & CONSUMER SCIENCES
Creating Health & Sustainable Families

Calendar of Events

Dec 11 and 12	8AM-4:30PM Either Day	Baked Goods Drop off for Homemaker Bank Baskets
Dec 13	9AM - When finished	Homemaker Bank basket put together
Dec 19	6pm	Royal Icing Cookie Decorating Class
Dec. 25 - Jan 1	-	Office Closed: Christmas Break
Jan 13	5pm	Homemaker Council Meeting
Jan 15	12pm	Lunch N Learn
Jan 16	5:30pm - 7:30pm	Homemade Greeting Card Class
Jan 20	-	Office Closed: Martin Luther King Jr. Day
Jan 23	5pm - 6pm	Cooking Class at Jessamine Public Library

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
Room A

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.

Dear Homemakers,

Each year we provide two \$500 college scholarships to Jessamine County High School seniors. To make this happen, we do fundraising throughout the year. We have the opportunity again to make Christmas Baskets filled with homemade goodies for Farmer's Bank.

As a Homemaker chapter, we will be filling 60 baskets full of delicious homemade Christmas candy, cookies, brownies, etc. To make this event successful, we need many volunteers to donate their best Christmas goodies! Each food item needs to be individually wrapped and brought to the Extension Office on either December 11th or the 12th. We will want the baskets to be a good representation of our Homemaker chapter.

We ask that you do not make cupcakes, breads, or other foods that lose their quality quickly. If you are up to the task, please bring 60 individually wrapped items and if that is too much, please consider bringing 30 individually wrapped items.

If you are willing, please call the Extension Office at 859-885-4811 to sign up to commit to bring your items on December 11th or 12th.

Thank you so much for your support of our Homemaker Chapter and community!

Sincerely, Sara Haag

Sara Haag

Jessamine County Extension Agent for
Family and Consumer Sciences





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

JOIN US FOR A HOLIDAY

Royal Icing Cookie Decorating Class

DECEMBER 19TH, 6 PM
AG LEARNING CENTER
CLASS IS FREE BUT YOU MUST REGISTER

We will have a demonstration of royal icing cookie decorating techniques and then you will decorate your own set of cookies to take home. Class size is limited to 20. You MUST RSVP by 4:00 pm on Dec. 13th . Class is for adults. If you bring children to help, you will be responsible for helping them.

Refreshments will be provided

*Please call 859-885-4811 by
Dec. 13th to RSVP*

*Jessamine County Extension
Office
95 Park Dr
City/County Park
Nicholasville KY 40356*

**Cooperative
Extension Service**

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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 January recipe from the Nutrition Education Program Yearly Recipe Calendar, Split Pea Soup.

**Jan 15, 2024
12pm - 1pm**

Please call the Jessamine County Extension Office at 859-885-4811 by Jan 10th to register.



HOMEMADE *Holiday Greeting Cards*

We had so much fun at our November class and want to do it again! So, we would love to have you join us on Jan. 16th from 5:30pm- 7:30pm at the Jessamine County Extension Office in the Ag Center for a fun night making our own Homemade Holiday Greeting Cards!



95 PARK DR.
NICHOLASVILLE, KY
40356

This event will be \$12. The cost covers all supplies to create 4 complete cards with envelopes! You can pay at the beginning of the class either cash, check, or Venmo!
We look forward to having you!

Please call the Jessamine Co. Extension Office to Register at (859) 885-4811. There will be a class limit of 10 people :)

Please take a moment to read over the 2024-2025 Cultural Arts Exhibit Categories.

Reach out for any questions.

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor
 - a. Basic Garment APPAREL
 - b. Specialty¹ Garment APPAREL
 - c. Accessory APPAREL
 - d. Basic HOME DECOR
 - e. Specialty¹ HOME DÉCOR
- ¹ b. and e. "Specialty" may include appliqued and quilted.
2. ART, 3-Dimensional
 - a. Carving
 - b. Sculpture
3. ART, NATURAL
 - a. Wood
 - b. Other
4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
 - c. Other
5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
7. CERAMICS
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
9. CROCHET
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Chicken Scratch
 - j. Punch Needle (under 60" perimeter)
 - k. Miscellaneous
13. FELTING*
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

- 15. JEWELRY
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
 - c. Original Design
- 16. KNITTING (HAND – with knitting needles)
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
- 17. KNITTING (OTHER – machine / loom)
- 18. NEEDLEPOINT
 - a. Cloth Canvas
 - b. Plastic
- 19. PAINTING, ART
 - a. Acrylic
 - b. Oil
 - c. Watercolor
- 20. PAINTING, DECORATIVE
 - a. Metal
 - b. Wood
 - c. Other
- 21. PHOTOGRAPHY (mounted or framed) **
 - a. Black & White
 - b. Color
- 22. QUILTS*** (continued)
 - f. Machine Pieced (hand quilted)
 - g. Machine Pieced (machine quilted)
 - h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
 - i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
 - j. Technology Based (hand or machine quilted)
 - k. Miscellaneous (hand or machine quilted)
- 23. PAPER CRAFTING
 - a. Card Making
 - b. Origami
 - c. Quilling
 - d. Scrapbooking****
- 24. RUG MAKING
 - a. Braided
 - b. Hooked
 - c. Punch Needle, rug (over 60” perimeter)
 - d. Woven
- 25. WALL or DOOR HANGING
 - a. Fabric
 - b. Other
 - c. Diamond Art Mosaic
- 26. WEAVING
 - a. Hand (macrame, caning)
 - b. Loom (includes pin weaving)
- 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

DECEMBER 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>



THIS MONTH'S TOPIC

AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort. People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page →



Disabilities accommodated with prior notification.

Cough or sneeze

into the crook

of your elbow,

instead of your hands.



→ **Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

REFERENCE:

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock





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