



# DECEMBER & JANUARY

## 2022/ 2023 NEWSLETTER

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



The 2023 Food and Nutrition Calendars have arrived at our office. Please stop by during our office hours to pick up yours!

We are open  
Monday thru  
Friday 8:00 a.m.  
to 4:30 p.m.



The winter season is fast approaching, and here are a few reminders as we start the new season. Our office will be closed from December 26th-January 2nd. Also, if the Jessamine County Schools are closed due to inclement weather, FCS programs at the Extension Office are canceled. If we must close the office due to weather, we will post the closing on our social media pages.

Karli Giles  
*Karli Giles*

County Extension Agent  
Family & Consumer Sciences



## Calendar of Events

|                  |         |                                   |
|------------------|---------|-----------------------------------|
| Dec 5            | 1 p.m.  | Makeup Basics                     |
| Dec 9            | 10 a.m. | Productivity and Procrastination  |
| Dec 12           | 10 a.m. | Laugh and Learn                   |
| Dec 26-<br>Jan 2 |         | Office is Closed                  |
| Jan 9            | 10 a.m. | Laugh and Learn                   |
| Jan 16           |         | MLK Jr. Day,<br>Office is Closed  |
| Jan 19           | 6 p.m.  | Cue The Confetti:<br>Vision Board |
| Jan 25           | 12 p.m. | Lunch N' Learn                    |
| Jan 30           | 10 a.m. | Intuitive Eating                  |

## Follow us Online!

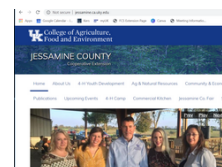
\*\*We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



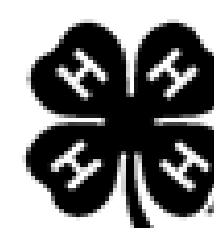
Jessamine County Family and Consumer Sciences on  
Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences  
Extension Podcast: <https://ukfcsext.podbean.com/>



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



## Upcoming Leader Lesson Schedule

### Productivity and Procrastination

December 9th @ 10 a.m.

Jessamine County Extension Office

Taught by Carla Carter, Franklin Co. FCS Agent

### Intuitive Eating

January 30th @ 10 a.m.

Jessamine County Extension Office

Taught by Karli Giles, Jessamine Co. FCS Agent

### Mental Health and Stress

February 28th @ 10 a.m.

Jessamine County Extension Office

Taught by Tara Duty, Mercer Co. FCS Agent

### Sweet Swaps

March 23rd @ 10 a.m.

Jessamine County Extension Office

Taught by Maxx Alviar, Anderson Co. FCS Agent

### Living with Loss

April 28th @ 10 a.m.

Jessamine County Extension Office

Taught by the Garrard County FCS Agent

## 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, 6:00 p.m. in a member's home

### 4-H Mothers

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

## 4-H Mothers donate to the Food Pantry

Pictured below is the 4-H Mothers Homemaker club and the food they donated to the local food bank. Great job ladies!



## Edgewood Evening donate to the Food Pantry

Pictured below are the items the Edgewood Evening Homemaker club collected at their club meeting to donate to the local food pantry. Great job ladies!



# Lunch N' Learn

January 25th @ 12 p.m.

Jessamine County Extension Office

## January Recipe:

### Slow Cooker Smoky Black-Eyed Peas



A new Lunch N' Learn series will start on January 25th. Lunch N' Learn is a monthly program that occurs on the last Wednesday of the month at noon. At each session, we sample the featured recipe of the month from the Food and Nutrition Calendar and engage in a nutrition lesson.

**PRE-REGISTRATION IS REQUIRED**

To RSVP, call 859-885-4811 or email [karli.giles@uky.edu](mailto:karli.giles@uky.edu).

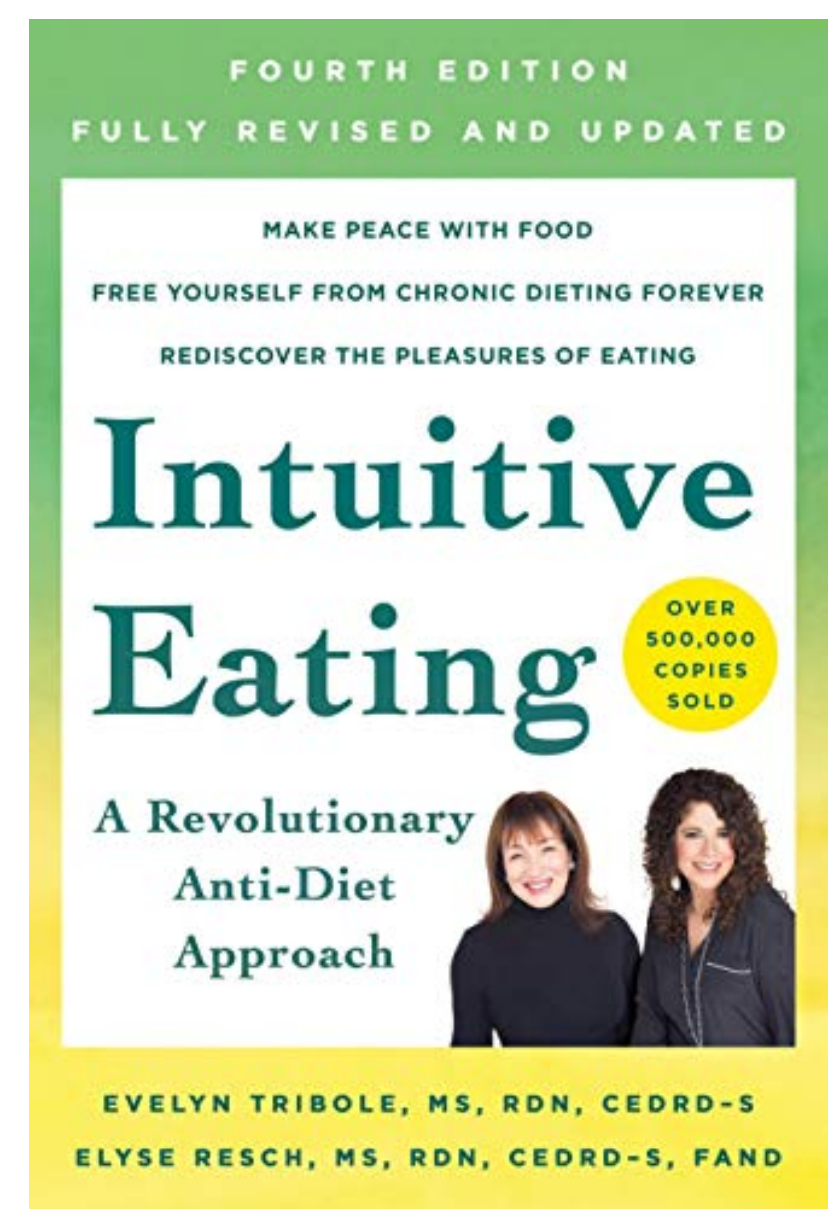
# Intuitive Eating

January 30th @ 10 a.m.

Jessamine County Extension Office

Taught by Karli Giles, Jessamine Co. FCS Agent

Intuitive eating can help you improve your relationship with food. It is a way to liberate yourself from the guilt, shame and anxiety created by toxic diet culture. This lesson will teach the science-backed method of intuitive eating, which empowers you to recognize and trust your body so you can meet your true needs.



# Laugh and Learn



## LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.



**December 12th, 10 a.m.- 11 a.m.**

**Theme: Gingerbread**



**Jessamine County Extension Office**

**95 Park Drive, Nicholasville, KY 40356**

To register for the December Laugh and Learn play date, call 859-885-4811 or email [karli.giles@uky.edu](mailto:karli.giles@uky.edu)

**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 race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



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**January 9th, 10 a.m.- 11 a.m.**

**Theme: The Jungle**



**Jessamine County Extension Office**

**95 Park Drive, Nicholasville, KY 40356**

To register for the January Laugh and Learn play date, call 859-885-4811 or email [karli.giles@uky.edu](mailto:karli.giles@uky.edu)

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LEXINGTON, KY 40546



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# Makeup Basics

December 5th @ 1 p.m.

Jessamine County Extension Office



Have you caught yourself going down the beauty aisle and not knowing what to buy? In this session, we will highlight the products you need, the products you can skip, and demonstrate makeup application.

To RSVP call 859-885-4811 or email  
[karli.giles@uky.edu](mailto:karli.giles@uky.edu)

# Productivity and Procrastination

December 9th @ 10 a.m.

Jessamine County Extension Office

Taught by Carla Carter, Franklin Co. FCS Agent



Productivity in life and work leads to satisfaction and feelings of accomplishment. Procrastination can hinder productivity. Understanding your motivation to procrastinate can enhance productivity. During this lesson, you will identify reasons for procrastination, examine barriers to productivity, develop strategies to combat procrastination and increase productivity, and reframe productive procrastination as prioritization.



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

# Cue the Confetti: Vision Boards

Taught by Twila Brown

January 19th, 6 pm- 8 pm

Cost: \$15

Jessamine Co. Extension Office

95 Park Dr. Nicholasville

To RSVP, call 859-885-4811 or  
email [karli.giles@uky.edu](mailto:karli.giles@uky.edu)



During our time together, we will work to define your priorities and help you create a vision board that reflects what matters most to YOU! We will also look at the power of planning your week, month and year, applying practices and strategies used in the business world that lead to accountability and success. Whether you are a college student, stay-at-home mom, or CEO, if you have goals, this workshop will be beneficial to you. **All materials and templates are included.** To get the most out of the class, please bring your own laptop or electronic tablet. Paper copies will also be available.

**Cue the confetti and prepare to celebrate!**

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

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accommodated  
with prior notification.

# Boyle County 2023-2024 -- Leader Training Ideas

Your suggestions are vital to developing a ballot that best reflects your needs. Please help us by providing your thoughts for your upcoming leader trainings. Your suggestions will be compiled for counties in the Fort Harrod Area and will be used as the basis for the upcoming leader training ballot. Thank you for your input!


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Housing: 


Foods & Nutrition: 

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Clothing: 

Health & Wellness: 

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Family Life: 

Other:

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Due to your local County Extension Office by February 1, 2023

# Cultural Arts Classes for 2023 Survey

Please vote for classes you would be interested in taking in 2023. Our cultural arts chairman and I will work on getting instructors and classes scheduled for the classes that receive the most votes.

Jewelry Making

Knitting

Wreaths

Floral Arrangement

Embroidery/ Cross Stitch

Macrame

Weaving

Pottery

Painting Canvases

Painting Wooden Items

Cake Decorating

Cookie Decorating

Baskets

Rug Hooking

Beginners Sewing

Advanced Sewing

Other suggestions?

What time of day works best for you?

Morning (9 a.m.- 11 a.m.)

Early Afternoon (1 p.m.- 4 p.m.)

Evening (5 p.m.- 8 p.m.)

**Please mail your responses back to the Extension Office at 95 Park Dr. Nicholasville, KY 40356 or email them to [karli.giles@uky.edu](mailto:karli.giles@uky.edu)**