

Newsletter

FAMILY & CONSUMER SCIENCES



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

Boyle County Homemakers



Kentucky Extension
Homemakers Association

November 2025

Just a Note from your Agent

This Month's Issue.....

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Great job everyone on a successful KEHA Week! Thanks to all who helped make all the classes, dedications, proclamations and celebrations possible. Great work! Thanks for all of you who took the time to attend the Air Fryer Leader Lesson last month! I'm glad to see the participation from Boyle County at leader lessons and Ft. Harrod Area KEHA events. Congratulations to Becki Justice as she was named Homemaker of the Year! You all have a wonderful leader in Becki. Keep up the good work!

Alethea Bruzek

*Boyle County Extension Agent
for Family and Consumer Sciences*



Upcoming Events

- Executive Board Meeting- November 17th at 12pm at the Boyle County Extension Office
- Council Meeting- November 17th at 1pm at the BCEO
- Leader Lesson on Yoga- November 7th at 10am at the Jessamine County Office
- Scrapbooking on the 4th Tuesdays at 10am at the BCEO
- Workdays- Third Tuesdays at 10am at the BCEO+
- Sew Days- 2nd and 4th Tuesdays at 10am at the BCEO



Club News

76'ers-We had a great time celebrating Homemakers Week! Thank you to all who helped with the events! November's meeting will begin at noon with our special friends. The craft project will be diamond art. Membership Dues are. November events are quickly approaching. Jessamine County will be hosting Leader Lesson on Yoga on November 7th at 10A.M. Anderson County will be hosting the Area Council Meeting on November 14. Registration begins at 9:30 with the meeting starting at 10. Our Christmas Party will be on Monday, December 15th.

Lancaster Road- The Lancaster Road club met for our regular monthly meeting on October 1, 2025. We welcomed one new member and two guests at our meeting. We discussed the upcoming homemaker's week (October 12-18) and all the different activities taking place, from diamond painting to chair yoga. The tasting party on Thursday was a highlight that week with samples of a variety of appetizers, soups and desserts from twenty homemakers. Congratulations to Becki Justice, who was named the homemaker of the year! Club members and others are welcome to come to the third Tuesday sew day where we work on projects for donated items such as fidget quilts, tote bags and walker bags. Our next scheduled meeting is November 5th at 10:30 a.m.

Wilderness Trail-We had a great October meeting, I love that everyone is so excited to see each other and get caught up on happenings at every meeting. I do believe it says a lot about the bond we share with one another. Thanks to Barbara for hosting and Clara for co-hosting the lunch/breakfast, it was delicious! Thanks to Ramona for her demonstration on fluffy pancakes (always makes things fun). It was fun to talk about our sheet in the leader lesson! We had an amazing Homemaker week wouldn't you say. Diamond art with Martha and Joyce on Monday. Homemaker proclamation at the courthouse Tuesday morning, with wood pumpkin painting later in the day. The new memorial project taking its first steps on Wednesday with chair yoga afterwards and an over the top tasting party on Thursday! Thanks to Angelia Wix and her committee for all your hard work! I want to encourage you that if you haven't been on a committee for a county project, to do so. You get to know others in the county/clubs and share ideas and be creative. We all have a talent, we all have something to offer. Don't look at it like a chore but an adventure! Lol. The Fort Harrod area meeting in Lancaster was really cool, our very own Teresa Goggin was elected area vice-president! Yeah Teresa!! They also had an amazing historical speaker, breakfast and lunch were great also. Thanks to Garrard County Homemakers Association for a great area meeting. Lincoln county won the award for most membership growth in the area. The next area council meeting is November 14th, 9:30 a.m. registration, 10:00 a.m. meeting. No county transportation. Please keep your club folders with you at meetings so you can keep updated on upcoming events. Invite someone to join a meeting or event with you. Craft time: 4th Thursday at 4:00 at Morning Pointe. Safety/Management chair is still open on county level if you are interested in that job. You are always welcome to attend county council meetings 3rd Monday of the month at 1:00 p.m.

Difference Maker-a committed individual who is capable of having a significant effect with just a few words or a small act. A person who improves the lives of others. Someone who inspires and motivates others to progress and bring about change. You are a difference maker! -Becki Justice

Becki Justice
Homemaker of the Year!!



Tree Dedication 2025



Homemaker's Week
Proclamation 2025



Tasting Party



Upcoming Events & Classes

Folded Star Ornament

Using pieces of fabric, pins and a Styrofoam ball, participants will create a unique ornament. This technique transfers to other similar projects for home decor. All supplies will be furnished. Cost \$10.00. Daytime: Thursday, November 13, 1:00-3:00 pm. Evening: Thursday, November 13, 6-8p

Reed Snowflake

An interesting way to use reed and create a snowflake-like hanging ornament that is 13 inches diameter. Bring your hot glue gun if possible, but all supplies will be furnished. Cost \$7.00 Daytime: Thursday, November 20, 1:00-3:00 pm. Evening: Thursday, November 20, 6:00-8:00 pm

Macrame Snowflake

Come learn how to use crochet thread to create a snowflake ornament. Little easier than crocheting a snowflake, using macrame knots make a unique Winter ornament. All supplies furnished. Cost \$7.00. Daytime: Tuesday, December 2, 1:00-3:00 pm. Evening: Tuesday, December 2, 6:00-8:00 pm



PLEASE JOIN US FOR

BOYLE COUNTY HOMEMAKERS CHRISTMAS PARTY

*"A Traditional
Christmas"*

15
DECEMBER

12:30p

Registration

Eat @ 1:00p

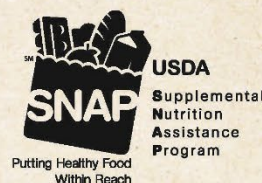
Please see your club committee members
for details.

Wilderness Trail: Becki and Tammy
Lancaster Rd: Deb, Geraldine & Angelia
76ers: Martha and Tiffany

For Unguild, Pieceable Friends, Mailbox
members, Monday sewing-see Deb Caldwell

Look for more info also in December
newsletter.

AUTUMN SWEET POTATO CHILI



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

Nutritional facts per serving:

160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g sugar; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

- 1 (15 ounce) can sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 (16 ounce) jar salsa
- 2 (15 ounce) cans black beans (do not drain)
- Water to achieve desired consistency

Optional garnishes

- ½ cup reduced-fat sour cream
- Shredded sharp cheddar cheese
- Dried or fresh chopped cilantro

1. Combine sweet potatoes, chili powder and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.

3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese and cilantro on the side.

Option: To reduce sodium, use vegetables canned without added salt.

Makes 8 servings

Serving size: 1 cup

Cost per recipe: \$5.19

Cost per serving: 65¢

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

DOWN-HOME GREENS



- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- ½ large yellow onion, diced
- 1 clove garlic, minced
- 1 teaspoon red pepper flakes
- 1 teaspoon paprika
- 1 pound collard greens, chopped
- 2 cups low-sodium vegetable stock
- ¼ cup apple cider vinegar
- Salt and pepper, to taste

1. In a large pot or skillet, heat oil and butter over medium-high heat and sauté onion and garlic for 2 minutes.
2. Add red pepper flakes, paprika and collard greens and cook another minute.
3. Add vegetable stock and apple cider vinegar. Cook covered until greens are tender, about 20 minutes.
4. Add salt and pepper to taste. Serve immediately.

Makes 4 servings

Serving size: 1¼ cup

Cost per recipe: \$3.16

Cost per serving: \$0.79

Source: Becky Freeman, Social Marketing Research Project Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 120 calories; 7g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 90mg sodium; 12g carbohydrate; 6g fiber; 2g sugar; 4g protein; 130% Daily Value of vitamin A; 70% Daily Value of vitamin C; 30% Daily Value of calcium; 6% Daily Value of iron.

Note: Make this recipe with any type of greens (kale, mustard, Swiss chard, turnip) or a combination.



Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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ADULT HEALTH BULLETIN



NOVEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Boyle County
Extension Office
99 Corporate Drive
Danville, KY 40422
(859) 236-4484

THIS MONTH'S TOPIC

MANAGING DIABETES DURING THE HOLIDAYS



National Diabetes Month is every November in the United States. It's a time set aside to raise awareness about diabetes, its risk factors, and the importance of managing the condition for improved health.

This is also a time of the year when many Americans host family gatherings, special meals, and other celebrations. The holidays are a time for fun, family, and food. But if you have diabetes, they can also bring challenges. With travel, big meals, and busy schedules, it is easy to forget about healthy habits. The good news is that with some planning, you can enjoy the season while keeping your blood sugar in check.

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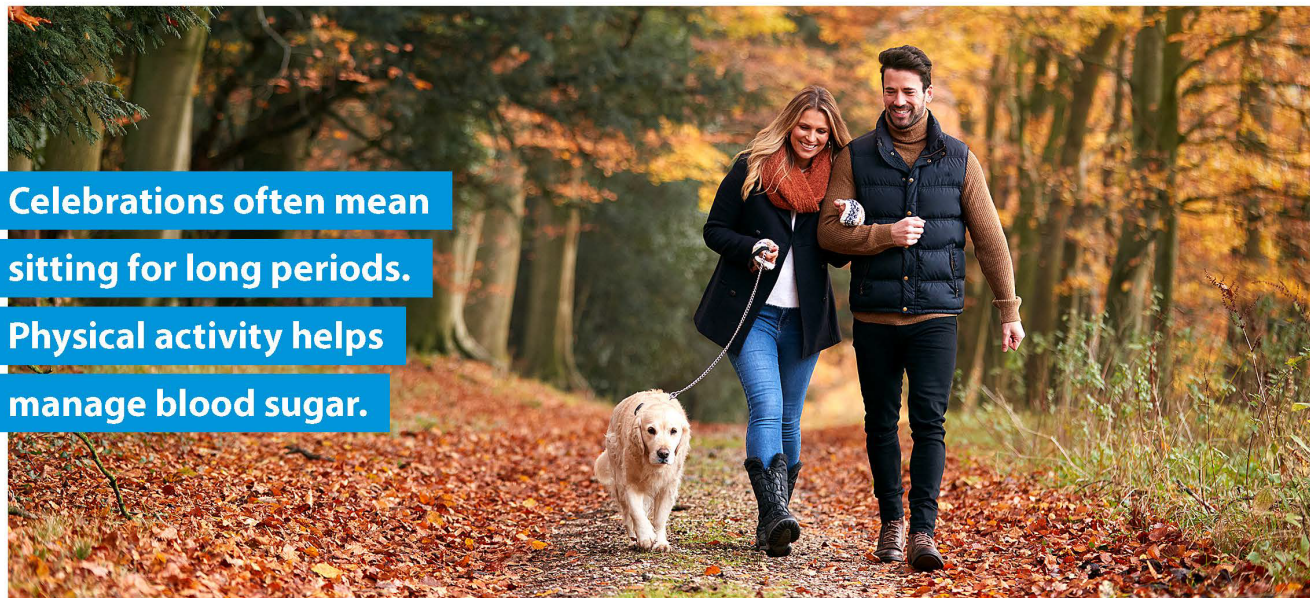
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar.

→ Continued from the previous page

Plan for travel

Traveling can make it challenging to stick to your routine. If you are flying or driving, bring healthy snacks like nuts, fruit, or whole-grain crackers. Pack your medicines, supplies, and testing equipment in a bag you keep with you. Try to stick to your regular meal and medicine times, even if you are in a different time zone. Drink water often and take breaks to stretch and move when you can.

Be smart at special meals

Holiday meals are often full of rich foods and sweets. You do not have to miss out, but you can make wise choices. Fill half your plate with vegetables or salad and eat those first. Starting your meal with high-fiber foods can help you feel full without eating as much. Always include protein as well, to keep you full for longer. Choose smaller portions of higher-carb foods, such as bread, stuffing, or casseroles. If you want a treat, pick your favorite and enjoy a small serving. Eating slowly can help you feel full and avoid overeating. Also, remember to drink plenty of water, and avoid sugary drinks like soda, punch, and too much alcohol.

Stay active

Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar. Take a walk after meals, play a game with

family, or dance to holiday music. Even short bursts of movement can make a difference.

Keep track of your blood sugar

Check your blood sugar more often during the holidays. New foods, travel, and stress can cause changes. Bring your testing supplies with you and record your numbers regularly. This will help you stay on top of your health and amend your insulin or other medications if needed.

Manage stress and rest

Holidays can be stressful, and stress can impact blood sugar levels. Take time to relax, breathe, and get enough sleep. Rest helps your body stay balanced and gives you more energy to enjoy the season. You may need to make conscious choices to limit your commitments and allow enough extra time to avoid feeling rushed.

REFERENCES:

- <https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>
- <https://www.wakehealth.edu/stories/tips-on-managing-diabetes-during-the-holidays>

Written by: Katherine Jury,
Extension Specialist for Family Health

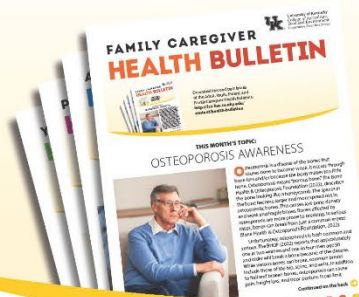
Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



FAMILY CAREGIVER HEALTH BULLETIN


NOVEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC

ALZHEIMER'S DISEASE AWARENESS MONTH: WHAT ARE YOU DOING?



President Ronald Regan named November Alzheimer's Disease Awareness Month in 1983 to create public awareness about the disease and support for those affected. Almost 10 years later, Regan was publicly diagnosed with the disease. Today, raising awareness continues to be important because it brings attention to many aspects of the disease:

- **Early detection and diagnosis.** Recognizing the signs and seeking medical advice can lead to early diagnosis and intervention. According to the Centers for Disease Control and Prevention (CDC), warning signs of Alzheimer's include memory loss that disrupts daily life; challenges with planning or problem-solving; difficulty completing familiar tasks; confusion with time and place;

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A healthy brain requires a heart-healthy balanced diet, physical activity, mental stimulation, stress management, social connection, and quality sleep.

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misplacing things; not being able to retrace steps; withdrawal from activities; unexplained mood and personality changes; trouble understanding visual images; new problems with speaking, writing, and finding words; and poor judgement. If you or someone you care about is experiencing these changes, contact a health-care professional.

- **Stigma reduction.** Education and awareness campaigns foster understanding, compassion, and support within communities. They can help reduce social isolation for dementia caregivers and those living with dementia.
- **Caregiver and family support.** Alzheimer's disease affects those diagnosed as well as those who provide care. Dementia care can be taxing emotionally, physically, and financially. If you are a dementia caregiver, you are not alone. There are many programs and resources that can help you with caregiving tips, strategies for coping, and how to improve quality of life for you and your loved one. You can find resources at the CDC, AARP Dementia Support, Alzheimer's Association, Family Caregiving Alliance, and the National Institute on Aging. You can also reach out to your county Family and Consumer Sciences Extension Agent for additional support.
- **Research.** Increased awareness drives funding for research initiatives that can help better understand the disease, advance diagnosis and treatment, and improve care. To learn more about the University of Kentucky's Sanders-Brown Center on Aging's ongoing research, educational outreach, caregiver support, donor opportunities, and clinical trials in which you or a family member might be interested in participating, visit the Sanders-Brown website at <https://medicine.uky.edu/centers/sbcoa> or call Sanders-Brown Center on Aging at (859) 323-5550.



- **Brain health.** Just hearing the words Alzheimer's disease highlights the importance of brain health and what you can do to help maintain a healthy brain and reduce the risk of dementia. According to the Alzheimer's Association, a healthy brain requires a heart-healthy balanced diet, physical activity, mental stimulation, stress management, social connection, and quality sleep. It is also important to protect your head, control your blood pressure, and avoid smoking.
- **Community engagement.** Awareness campaigns encourage communities to unite in the fight against Alzheimer's disease. Awareness can offer hope and resources to those impacted and inspire others to do something.

There are many meaningful ways you can help in the fight against Alzheimer's disease. Start by sparking conversations to raise awareness, adopting healthier lifestyle habits, or learning more about dementia and sharing that knowledge with others. You can offer support to caregivers or spend time with someone living with Alzheimer's. You can also make an impact by donating, joining a fundraising campaign, volunteering with a local Alzheimer's organization or care facility, or taking part in a clinical trial. No matter how you choose to get involved, your actions matter. Advocacy, awareness, and compassion all play a role. Every effort counts. Together, we can make a difference.

REFERENCES:

- Alzheimer's Association. (2025). Brain Health. Retrieved 9/16/25 from https://www.alz.org/help-support/brain_health
- CDC. (2025). Signs and Symptoms of Alzheimer's. Retrieved 9/16/25 from <https://www.cdc.gov/alzheimers-dementia/signs-symptoms/alzheimers.html>
- CDC. (2025). Helping Dementia Caregivers. Retrieved 9/16/25 from <https://www.cdc.gov/caregiving/resources/helping-alzheimers-caregivers.html>

Written by: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



Folded Star Ornament

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

Instructor: Mary Hixson



**Thursday, November 13th
1:00-3:00 pm & 6:00-8:00 p.m.**

Boyle County Extension, 99 Corporate Dr., Danville, Kentucky

Using pieces of fabric, pins and a Styrofoam ball, participants will create a unique ornament. This technique transfers to other similar projects for home decor. All supplies will be furnished. Cost \$12.00. Ages 13+.

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**Scan Here to
Register**





Martin-Gatton
College of Agriculture,
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University of Kentucky

REED SNOWFLAKE STAR WORKSHOP

\$7.00



Instructor: Mary Hixson

LOCATION:
Boyle County Extension
99 Corporate Dr.
Danville, Kentucky
Instructor: Mary Hixson

November 20th
1:00 p.m. or 6:00 p.m.

Create this traditional Snowflake made from basket reed. All skill levels can be successful. Bring your favorite HOT glue gun and all other supplies will be furnished. Cost is \$7.00. Payment due online upon sign up. Scan the QR Code below to register! Ages 10+.

Glue guns will be available for use if needed



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MACRAME SNOWFLAKE

Tuesday , December 2nd
1:00–3:00p & 6:00–8:00p


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

Instructor: Mary Hixson



Boyle County Extension
99 Corporate Drive, Danville

Come learn how to use crochet thread to create a snowflake ornament. This technique is a little easier than crocheting a snowflake. Using macrame knots make a unique Winter ornament. All supplies furnished. **Cost \$7.00.**

Register by clicking on QR code 
Questions? Call (859) 236-4484.

*This project requires good dexterity with your hands/fingers, extremely small thread will be used.
Please bring any “visual aids” such as glasses, etc., that you may need to see the small knots.
Ages 16+

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