

DECEMBER And JANUARY

2025 and 2026 NEWSLETTER

UK Cooperative Extension Service
Family and Consumer Sciences

Jessamine County
333 Fairground Way
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca@uky.edu

Calendar of Events

- December 2nd at 10am OR 6pm.....Holiday Door Mats Class
- December 8th at 10am.....Laugh and Learn
- December 9th at 12pm.....Lunch N Learn
- December 10th ALL DAY.....Homemaker's Christmas Bucket Goodies Drop Off Day
- December 11th at 9am.....Homemakers Christmas Buckets for Farmers Bank Assemble Day
- December 18th at 5:30pm-7:30pm.....Holiday Greeting Card Class
- **December 24th-Jan 2nd.....Office Closed**
- January 8th at 11am.....Leader Lesson in Franklin County
- January 20th at 5pm.....Homemaker Council Meeting

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 11 a.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

Dear Homemakers,

I can not express how happy I am that our Food Drive is going so well! In October we donated ___ pounds of food and 126 total food items! You all are doing a fantastic job and your work is not going unnoticed. We have a grand total of ___ pounds so far! Our goal for the end of the Homemaker Year is 900 pounds! I have full belief that we will succeed our goal! Thank you to all of you who donated items! At the bottom of this page is our flyer with the items that we will be collecting each month! **December is Canned Vegetables and January is a Box of Pasta!**

Farmers Bank is ready for our help once again! On December 10th you can bring in your goodies and on December 11th at 9am we will start assembling our Holiday buckets! I will, with the help from a few others, be delivering the buckets to the bank after we have assembled! Please start to help if you are able!

I have attached the county Cultural Arts Categories to give you all plenty of time to look at the categories! The county cultural arts contest will be sometime in March. Date is TBD.

Reminder the Extension Office will be closed from December 24th through January 2nd. We will be back in the office on January 5th.

Sincerely, Sara Haag

Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences

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/>

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JESSAMINE COUNTY HOMEMAKER'S FOOD DRIVE

MONTHLY ITEMS

September: Box Mac N Cheese
October: Canned Fruit ONLY
November: Box Stuffing
December: Canned Vegetables ONLY
January: Box of Pasta
February: Canned Chicken/ Canned Tuna
March: Peanut Butter
April: Box of Cereal
May: Box of Crackers
June: Box of Brownie/Cake Mix
July: Canned Fruit OR Vegetable
August: Peanut Butter

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Laugh and Learn



This is our last
 session of 2025!
 Join is at Laugh and
 Learn!
 Call (859)885-4811
 to register your
 child/children.

Join our 2025 Laugh and Learn Playdate Program
 that targets Kindergarten readiness objectives!
 Each month offers learning activities that are
 relevant to children's development 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.

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 8

10am- 11am

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!



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





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

Lunch N Learn

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

We will be making the December recipe from the Nutrition
Education Program Yearly Recipe Calendar,
Lasagna Soup

December 9, 2025
12pm - 1pm

Please call the Jessamine County Extension
Office at 859-885-4811 by Dec 4th to register.



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Disabilities
accommodated
with prior notification.

HEALTH BULLETIN

DECEMBER 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
DEALING WITH HOLIDAY
STRESS AND ANXIETY

The holidays can be a wonderful time full of family, friends, and fun traditions, but they can also bring stress and anxiety. There are many ways to manage these feelings and make the season more enjoyable.

One helpful step is to plan ahead and set realistic expectations. It can be easy to feel pressure to make everything perfect, from meals to gifts to decorations. Instead, focus on what is most important to you. For example, if spending time with family matters more than having a perfectly decorated house, let go of some of the decorating stress. Make a simple to-do list and plan your time so you do not feel rushed ahead of the

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Cooperative Extension Service

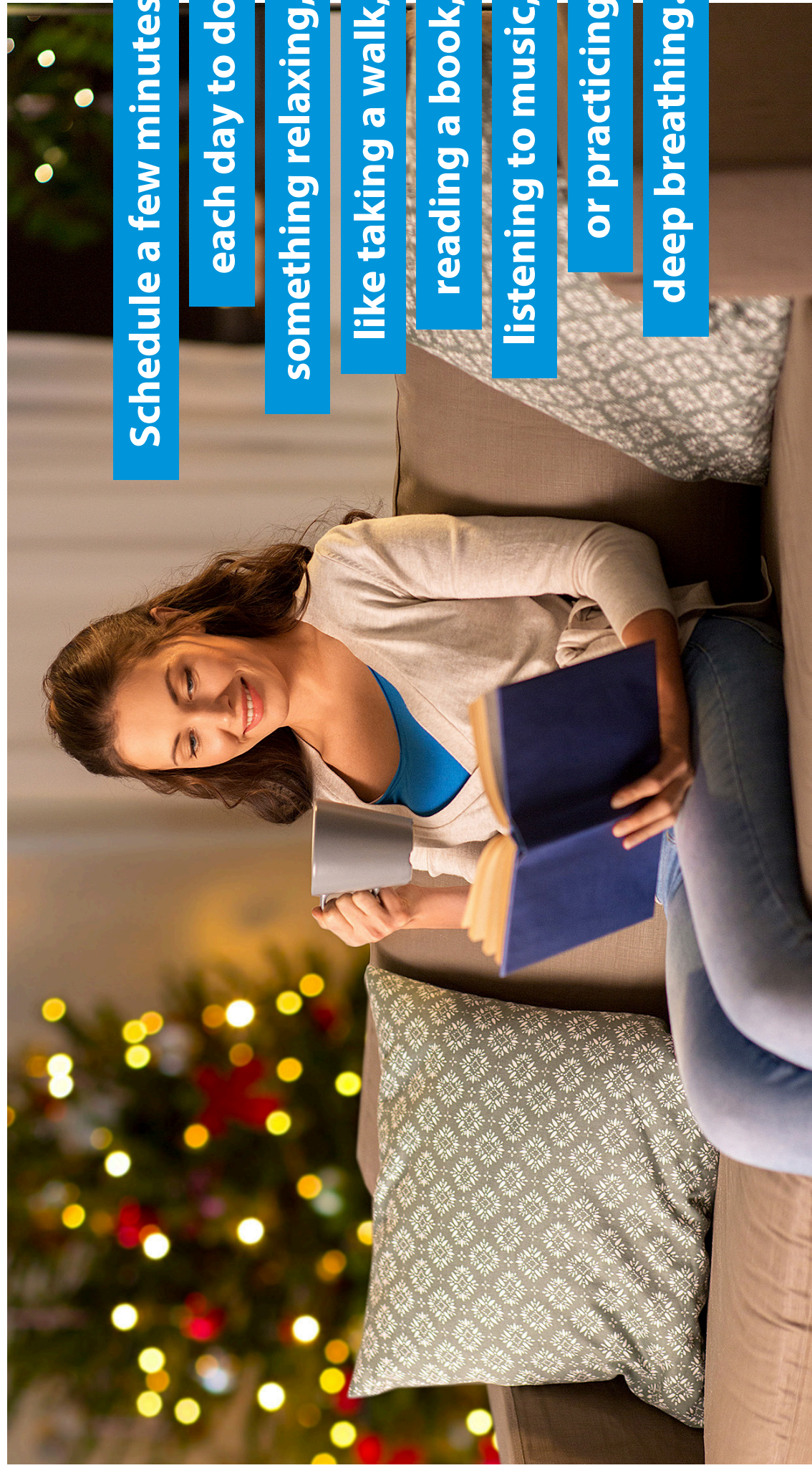
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



Schedule a few minutes

each day to do

something relaxing,

like taking a walk,

reading a book,

listening to music,

or practicing

deep breathing.

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gathering. Space out your errands or cooking tasks to help you stay calm and organized. This can also allow you to enjoy time with loved ones more.

Asking for help is another way to reduce stress. You do not have to do everything by yourself. If you are hosting a holiday meal, ask guests to bring a dish or to come early to help set up. If shopping feels overwhelming, see if a friend can go with you. You can also divide your shopping list among family members. Even small acts of teamwork can make things easier and more fun.

It is also important to take breaks and make time for yourself. The holidays can be busy, and it can be easy to forget your own needs. Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing. These short breaks can help you recharge and keep your stress levels down.

Staying healthy can also make a big difference.

Try to eat balanced meals, get enough sleep, and stay active. When we are tired or eating too many sugary holiday treats, it is easier to feel irritable or anxious. A short walk after dinner, a few stretches in the morning, or a fun family activity can help your body release stress and boost your mood.

Sometimes, family gatherings or social events can feel overwhelming. It is okay to set boundaries. You can politely say no to events that don't fit your schedule, or take a short break if things feel too loud or tense. For example, stepping outside for a few minutes of fresh air or going to a quiet room to breathe deeply can help you feel calmer. If you see your child or another family member feeling stressed invite them to do the same to help ease tension.

Finally, remember that it is normal to feel stressed sometimes. You are not alone. The holidays do not have to be perfect to be meaningful and special. Be kind to yourself, focus on the good moments, and appreciate the little things, like laughter, music, or a cozy evening at home. By caring for your mental and physical health, you can enjoy the holidays in a way that feels more peaceful and fulfilling.

REFERENCE:

<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

Written by: Katherine Jury, Extension Specialist for Family Health
Edited by: Kerri L. Ashurst, Senior Extension Specialist

Designed by: Rusty Manseau, Senior Graphic Artist

Stock images: Adobe Stock



THIS MONTH'S TOPIC:

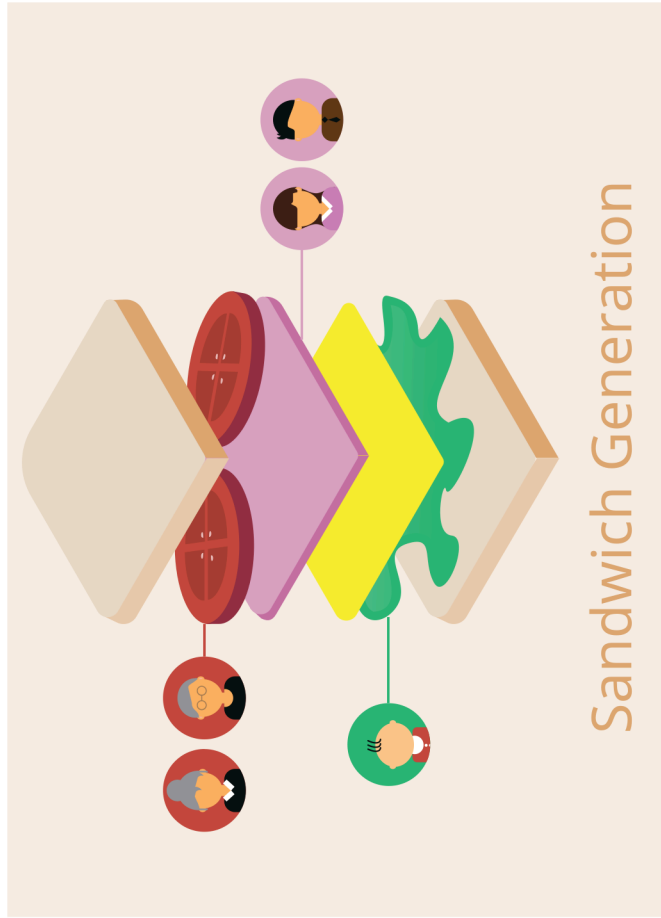
FINANCIAL CONSIDERATIONS FOR THE SANDWICH GENERATION

Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents and their dependent children at the same time.

The sandwich generation faces normal financial pressures, such as childcare and education costs, retirement savings, healthcare needs, and basic living expenses. What makes this population unique is that they have co-occurring responsibilities that often draw from the same limited pool of resources (e.g., time, energy, money).

Balancing dual caregiving roles can be challenging, especially with multiple competing priorities. If you are a “sandwiched” adult, consider these tips to reduce the financial stress associated with caring for an aging loved one.

KEEP BUDGETS SEPARATE
If you provide care for an older adult, it is important to keep their finances separate



from yours if they plan to apply for assistance through government agencies. When applying for benefits, don't hide or transfer a loved one's assets to qualify, as this can have negative legal consequences. Use your loved one's resources to pay for their expenses and keep detailed records.

EXPLORE ASSISTANCE PROGRAMS
Search for community and government assistance programs that can help with living or medical expenses, long-term care costs, meal delivery services, transportation to medical appointments, etc. Additionally, research local free or low-cost senior programs, senior centers, adult day care



- options, and caregiver support groups. Useful links include:
- Medicaid (<https://www.medicaid.gov/>)
 - Medicare (<https://www.ssa.gov/medicare>)
 - Supplemental Security Income (SSI) (<https://www.ssa.gov/ssi>)
 - Senior Services (<https://www.hhs.gov/programs/social-services/programs-for-seniors/>)
 - Kentucky Department for Aging and Independent Living (<https://www.chfs.ky.gov/agencies/dail/>)
 - National Aging in Place Council (<https://ageinplace.org/>)

a financial planner who specializes in elder care. They can create a financial plan that balances everyone's needs. Caregivers may qualify for unpaid time off under the Family and Medical Leave Act (FMLA) (<https://bit.ly/DOLbenefitsFMLA>). FMLA allows qualifying employees to take up to 12 weeks of unpaid, job-protected leave per year to care for an immediate family member. Some employers offer paid elder care leave options; they permit you to use sick days or personal leave to care for loved ones; or they offer shared leave banks for caregiving needs.

REFERENCES

Lei, L., Leggett, A. N., & Maust, D. T. (2023). A national profile of sandwich generation caregivers providing care to both older adults and children. *Journal of the American Geriatrics Society*, 71(3), 799-809.

SUPPORT FOR CAREGIVERS

Dual caregiving can be exhausting. If you feel overwhelmed, remember you are not alone. Talking with a counselor, chaplain, or friend can help. Also, consider meeting with

Military Family Spotlight

More than 235,000 veterans call Kentucky home. If your parent is a veteran, the U.S. Department of Veteran Affairs (VA) Caregiver Support Program (<https://www.caregiver.va.gov/>) provides education and resources to help caregivers. Reach out to the Caregiver Support Coordinator at your local VA Medical Center to learn more.

All active-duty, National Guard, and Reserve service members, their families, and survivors are eligible to receive free financial counseling services with a Personal Financial Counselor (<https://finred.usalearning.gov/pfcMap>). They can help you explore VA resources and health benefits, as well as other government assistance programs like Medicaid and Medicare to help with medical costs.

2025 – 2026 • Cultural Arts Exhibit – CATEGORIES
Please refer to the CLARIFICATION pages for more information.

01. SEWING (Apparel & Home Décor)

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

02. ART, 3-Dimensional

- 2a. Carving
- 2b. Sculpture

03. ART, Natural

- 3a. Wood
- 3b. Other

04. REPURPOSED & UPCYCLED

(MUST include a "before" photo)

- 4a Clothing (end product)
- 4b Household (end product)
- 4c Other

05. BASKETRY

- 5a Cane (includes Nantucket)
- 5b Wooden Base (excludes Nantucket)
- 5c Miniature (under 4 inch)
- 5d Novelty
- 5e Non-Ribbed, Traditional
- 5f Ribbed, Traditional

06. BEADING

- 6a Bead Weaving
- 6b Non-jewelry Item/Wearable
- 6c Miscellaneous

07. CERAMICS

- 7a Hand-formed
- 7b Molded
- 7c Pre-made

08. COUNTED CROSS STITCH

- 8a 14 Count Fabric & Under
- 8b 16 to 22 Count Fabric
- 8c Specialty Cloth (linens, etc.)

09. CROCHET

- 9a Accessories
- 9b Garment
- 9c Home Decor & Afghans
- 9d Thread
- 9e Figurine

10. DOLL/TOY MAKING

- 10a Cloth
- 10b Handmade Toy other than Porcelain/China or Cloth
- 10c Porcelain/China

11. DRAWING

- 11a Pastels
- 11b Pen and Ink
- 11c Pen and Ink with Oil Roughing
- 11d Pencil or Charcoal-Black
- 11e Pencil- Color

12. EMBROIDERY

- 12a Basic
- 12b Candle Wicking
- 12c Crewel
- 12d Machine
- 12e Ribbon
- 12f Smocking
- 12g Swedish
- 12h Tatting/Lace Making
- 12i Chicken Scratch
- 12j Punch Needle (under 60" perimeter)
- 12k Miscellaneous

Continued on the next page

2025 – 2026 • Cultural Arts Exhibit – CATEGORIES (continued)

Please refer to the CLARIFICATIONS pages for more information.

13. FELTING

13a. Needle Method

13b. Wet Method

14. HOLIDAY DECORATIONS

14a. Autumn

14b. Spring

14c. Summer

14d. Winter

15. JEWELRY

15a. Beaded

15b. Mixed Media

(wire, chain maille, mixed with beads)

15c. Original Design

16. KNITTING (HAND - with knitting needles)

16a. Accessories

16b. Garment

16c. Home Decor and Afghans

16d. Figurine

17. KNITTING (OTHER - machine/loom)

17a. Other

18. NEEDLEPOINT

18a. Cloth or Canvas

18b. Plastic

19. PAINTING, ART

19a. Acrylic

19b. Oil

19c. Watercolor

20. PAINTING, DECORATIVE

20a. Metal

20b. Wood

20c. Other

21. PHOTOGRAPHY (mounted or framed)

21a. Black & White

21b. Color

22. QUILTS

22a Baby-size or Lap-size (hand quilted)

22b Baby-size or Lap-size (machine quilted)

22c Hand Applique (hand quilted)

22d Hand Pieced (hand quilted)

22e Machine Applique (machine quilted)

22f Machine Pieced (hand quilted)

22g Machine Pieced (machine quilted)

22h Novelty (hand quilted)

(stenciled, embroidered, miniature, etc.)

22i Novelty (machine quilted)

(stenciled, embroidered, miniature, etc.)

22j Technology Based (hand or machine quilted)

22k Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

23a Card Making

23b Origami

23c Quilling

23d Scrapbooking

24. RUG MAKING

24a Braided

24b Hooked

24c Punch Needle, rug (over 60" perimeter)

24d Woven

25. WALL or DOOR HANGING

25a Fabric

25b Other

25c Diamond Art Mosaic

26. WEAVING

26a Hand (macrame, caning)

26b Loom (includes pin weaving)

27. MISCELLANEOUS

27a Miscellaneous



Don't forget about our awesome online FREE resources from our website, "Plan Eat Move"! Find some nutritious and yummy recipes at planeatmove.com



Butternut and Acorn Squash Soup

1 butternut squash, halved and seeded	$\frac{1}{3}$ cup chopped sweet onion	$\frac{1}{2}$ teaspoon ground black pepper
1 acorn squash, halved and seeded	4 cups chicken broth	$\frac{3}{4}$ teaspoon ground cinnamon
1 tablespoon olive oil	3 tablespoons peanut butter	$\frac{1}{4}$ teaspoon nutmeg
	$\frac{1}{3}$ cup packed brown sugar	Fresh parsley for garnish

Using a vegetable peeler, **remove** the skin from the butternut and acorn squashes and **cut** into 1-inch cubes. In a large soup pot, **heat** the oil on medium high. **Add** the onion, and **cook** 1 to 2 minutes until it starts to become translucent. **Add** cubed squash, and cook 4 to 5 minutes. **Add** chicken broth, and bring to a boil. **Lower** heat, and **simmer** 30 to 35 minutes, until the squash is fork tender. **Allow** to **cool** slightly, then **blend** until smooth in a food processor or

blender. **Return** mixture to the pot, and **heat** to medium low. **Add** peanut butter, brown sugar, pepper, cinnamon, and nutmeg. **Stir** until well blended. **Garnish** with fresh parsley. **Serve** warm.

Yield: 7, 1-cup servings

Nutritional Analysis:
200 calories, 6 g fat, 1 g saturated fat, 5 mg cholesterol, 600 mg sodium, 36 g carbohydrate, 4 g fiber, 14 g sugar, 10 g added sugar, 4 g protein.