

JANUARY

2024 NEWSLETTER Family & Consumer Science

HAPPY NEW YEAR!!!

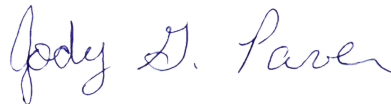
THERE ARE SO MANY DIFFERENT EXCITING THINGS PLANNED FOR 2024. WE ARE LOOKING TO REACH NEW PARTS OF THE COUNTY WITH OUR EDUCATIONAL PROGRAMS.

WE HAVE 2 NEWSLETTERS THAT ARE MAILED EACH MONTH. THE FIRST NEWSLETTER IS THE HOMEMAKER HAPPENINGS CONTAINING REPORTS AND UPDATES REGARDING LINCOLN COUNTY EXTENSION HOMEMAKERS. THE SECOND IS THIS FAMILY AND CONSUMER SCIENCES NEWSLETTER. IT CONTAINS INFORMATION ABOUT ALL OF THE DIFFERENT EDUCATIONAL AND COMMUNITY SERVICE OUTREACH THROUGH FCS EXTENSION. IF YOU ARE INTERESTED IN THE DIFFERENT CLASSES AND PROGRAMS PLEASE CALL AND REGISTER AT 606-365-2447

WE HAVE A VERY EXCITING ANNOUNCEMENT FOR OUR PROGRAM AND OUR OFFICE! CONGRATULATIONS TO MICHELLE PADGETT WHO IS THE NEW FCS PROGRAM ASSISTANT. MICHELLE HAS BEEN THE FRONT OFFICE STAFF ASSISTANT FOR OVER 3 YEARS. WE ARE EXCITED TO HAVE HER JOIN THE FCS TEAM.

WE WILL BE HIRING A NEW STAFF ASSISTANT IN THE NEW YEAR, PLEASE WATCH FOR THE HIRING ANNOUNCEMENT IN THE NEWSPAPER AND FACEBOOK. BLESSINGS FOR A GREAT START TO THE NEW YEAR!!

SINCERELY,
JODY G. PAVER



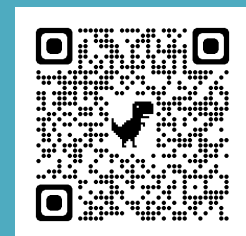
Cooperative Extension Service
Lincoln County
104 Meter Trail
Stanford, KY 4084
606-365-2447
lincoln.ca.uky.edu



Jody G. Paver
County Extension Agent for
Family and Consumer Sciences
Jody.Paver@uky.edu



facebook.com/FCSLincolnCo



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 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.



Disabilities
accommodated
with prior notification.



Club Updates



Timeless Treasures is a club where you can learn how to use your Circuit or Brother Scan N Cut to create scrapbook papers, paper crafts, and other treasures. It's a nice and relaxed environment where you can enjoy your creativity. Some of the classes may require a fee, while others are free. Please contact the office to sign up for the classes you want to attend at 606-365-2447.

January 4th, 2024, come learn how to make a simple scrapbook paper sheet. Supplies needed for the class: 2- 3 pictures, circuit or brother scan and cut, laptop, phone, or iPad to use with your machine—essential tools for your machine, cutting mat, and tools.

Supplies provided- glue, scrapbook paper, and scissors.

CLUBS THAT MEET IN JANUARY

Timeless Treasures: January 4th @ 5:30pm
(Scrapbooking and Papercrafts)

Mountain Crafters: January 8th @ 10:00am
(Crafting)

Four Corners: January 10th @ 11:00am
Learning, Projects, Pot lucks, Lessons

Photo Club: January 11th @ 9:00am
(Travel to different locations for taking
photographs)

Pieceful Hearts: January 15th @ 1:00pm
(Sewing/Quilting Club)

OPI: January 17th @ 10:00am
(Painting Bob Ross Style)

Sassy Stitchers: January 19th @ 9:00am
(Sewing/Quilting Club)

Happy Hearts: January 25th @ 10:00am
(Speakers, Learning, Fun, Crafts, Dining
Together)

WHAT IS HOMEMAKERS?

HOMEMAKERS SEEK TO STRENGTHEN HOME, FAMILY AND COMMUNITY THROUGH EDUCATIONAL PROGRAMS, LEADERSHIP OPPORTUNITIES AND COMMUNITY VOLUNTEER SERVICE PROJECTS THROUGHOUT KENTUCKY. ORGANIZED IN 1932 TO ORIGINALLY UNITE WOMEN THROUGHOUT RURAL KENTUCKY, MEMBERSHIP NOW INCLUDES OVER 20,000 PEOPLE. EDUCATIONAL SUPPORT IS PROVIDED BY THE UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE AND THE STATE FAMILY AND CONSUMER SCIENCES EXTENSION PROGRAM. EACH COUNTY HAS A LOCAL ORGANIZATION TO SUPPORT MEMBERS IN DEVELOPING TOPICS FOR LEARNING, LEADERSHIP OPPORTUNITIES AND LOCAL COMMUNITY SERVICE PROJECTS.

Learn all about Kentucky
Extension Homemakers
with the QR code →





FCS in The Community



TINY TIGERS

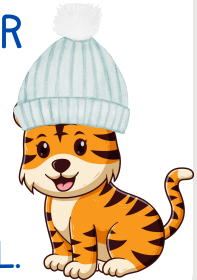
PREPARING FOR PRESCHOOL WITH JODY PAVER

WHERE: HUSTONVILLE FAMILY RESOURCE CENTER

WHEN: JANUARY 16TH

TIME: 10 AM

AGES TO ATTEND 2 YRS- 5 YRS NOT ENROLLED IN SCHOOL.



Crafts N Chats & Tasty Tidbits

Come and join Jody and Michelle for an evening of crafting, food demonstrations, couponing and more!



Where: Broughtown Community Center

When: January 23, 2024

Time: 6pm-8pm



Where: Crab Orchard City Hall

When: January 30, 2024

Time: 6pm-8pm

Call and Schedule your Health Screening at 606-365-2447



FREE Health Screening

Sponsored by Ephraim McDowell Health Community Service

Lincoln County Extension Office

Open to the public for anyone 18 Years of age or older.

January 9, 9:00 a.m. - 12:00 p.m.

January 11, 5:00 p.m. - 8:00 p.m.

- Blood pressure
- Take home colorectal screening kits
- Cholesterol
- Body Mass Index
- Mental Health Testing



Lincoln County Extension Office
104 Metker Trail
Stanford, KY 40484
(606) 365-2447

To sign up, please contact:
Jody Paver
jody.paver@uky.edu
(606) 365-2447

At FCS, we offer a range of exciting opportunities for you to get involved in your community. Our clubs cover a wide variety of interests, from Cooking to Sewing, book clubs and everything in between. If you're looking to give back, we have plenty of volunteer opportunities available, including local service projects. And if you're interested in learning new skills, our monthly workshops cover topics such as cooking, crafting, and Leadership development. Don't miss out on all that FCS has to offer - come see for yourself!

FCS Showcase

Where: Lincoln County Extension Office

Date/Time

January 9th @ 9am-Noon

January 11th @ 5pm-8:00pm



Broccoli Brunch Casserole

- | | | |
|---|--|---|
| Nonstick cooking spray | 1 1/2 cups shredded, part skim mozzarella cheese, divided | 1 teaspoon ground black pepper |
| 8 ounces ground turkey sausage | 8 eggs | 1/2 teaspoon salt |
| 3 1/2 cups broccoli florets, chopped | 1 cup part skim ricotta cheese | 1 Roma (Plum) tomato , thinly sliced |
| | 1/4 cup skim milk | |

Preheat oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain well**, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

Yield: 8 slices

Nutritional Analysis:

260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.

NUTRITION WORKSHOP



**BINGO + EXERCISE =
BINGOCIZE**

FREE PRIZES!

**A 10-WEEK HEALTH
PROMOTION PROGRAM
THAT COMBINES EXERCISE
WITH INCLUSIVE EXERCISE!**

**When: 11 am
Tuesdays and Thursdays
beginning January 23**

**Where:
Lincoln County Cooperative Extension Service
104 Metker Trail, Stanford, KY**

**Space is Limited to 20
participants
Call to Register: 606-365-2447**



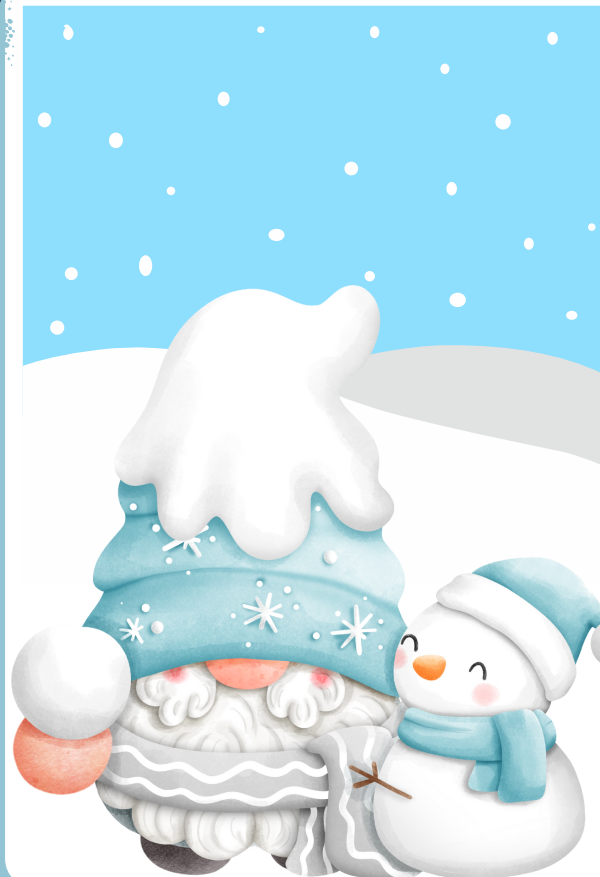
Transferring Cherished Possessions

When: January 11, 2024

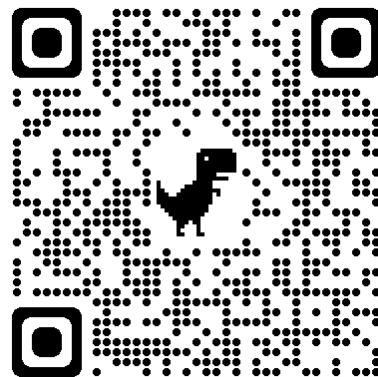
Time: 10:00am-11:00am

Where: Lincoln County Extension Office
104 Metker Trail Stanford, KY 40484

RSVP: 606-365-2447



Check out our Fort Harrod Area YouTube Page.
Scan the QR code.



SUPER SATURDAY

9AM

ONE PIECE AT A TIME

11AM

NOON

TASTY TIDBITS

2PM

2:30PM

SPECIAL FLORAL HALL MEETING

3:30PM



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

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Disabilities
accommodated
with prior notification.

ONE PIECE AT A TIME



**RSVP by January
10, 2024**

Contact



Michelle Padgett
606-365-2447



104 Metker Trail
Stanford, KY 40484

January 13, 2024
9am - 11am.

Open to any adult who
wants to sew and any
youth with a supervised
adult.



Fabric and sewing
machines available if
needed.

If you prefer to bring your own
fabric you may stop by the
office to pickup the supply list
or email
michelle.padgett@uky.edu.

January- Project creating block for special
quilt.
Beginner Friendly-Garden Charm Block- 9am-
11am
Advanced-Sweetheart Block- 11am-12pm



TASTY TIDBITS



Everyone is
Welcome!

Contact



Jody Paver
606-365-2447



104 Metker Trail
Stanford, KY 40484

January 13, 2024

Noon- 2 pm.

Free cooking
class and food
demonstrations.

Other items
that may be
disused Cooking
with diabetes,
Cooking with out
gluten, cooking
on a budget and
so much more!



Recipe Cards
2024 Calendar with Recipes
New gadgets and techniques.





FLOREAL

HALL

We need
Volunteers



If you're interested in helping with the 2024 Floral Hall for Lincoln County Fair, we would love to have you join us on January 13, 2024 at 2:30pm-3:30pm. It's time to start planning for our amazing Floral Hall, and we would appreciate your input. Please plan to attend the meeting and feel free to bring along a friend.



NEED MORE INFO: CONTACT
MICHELLE PADGETT
606-282-0515
MICHELLE.PADGETT@UKY.EDU



Lincoln County Fair June 18-22, 2024



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



Couch Potato Challenge

Come and Join Us!

Have you decided it is time to get off
the couch, but not sure how?

Start Slow, Start Smart, Start with Us!

This 12 week challenge is based on the National Heart, Lung,
and Blood Institute's walking plan and allows you to start at just
five days a week and at a pace that is comfortable for YOU.

**Register in Person or Online
January 2, 2024- January 19, 2024**

**No weekly or monthly meetings required.
Follow FCS Facebook to follow updates, group
walks and more!
Monthly Newsletter**

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LEXINGTON, KY 40546



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