

Estill County Extension

Family and Consumer Sciences



Cooperative Extension Services

Estill County

76 Golden Court

Irvine, KY 40336

(606)723-4557

Fax: (606)723-5912

November 2025

Hello,

We have had a lot going on in the last few months and more coming up. A quick list of dates and programs are to the right. If you are over 50 years of age, you can receive a free ovarian cancer screening at the UK Markey Cancer Center. We take a group each year for this service. Call the office at 606-723-4557 to sign up.

It's time to renew or sign up for Estill County Homemakers. The form is in the newsletter. When you sign up for Estill County Homemakers you also become a part of the Kentucky Extension Homemakers Association. Homemakers work to improve the lives of families and communities through education and volunteer service. Homemakers learn, lead, and serve. We also do fun activities and trips. If you want to learn more, contact the Estill County Extension Office.

The holidays are coming up and with that family and friend meals. A few food safety reminders: cook your meat to the correct internal temperatures, do not leave food out for over 2 hours in the danger temperature zone of 40° F and 140° F, refrigerate as soon as possible, and make sure your refrigerator temperature is between 35° F and 38° F and freeze temperatures are 0° F or below. If you have any questions concerning food safety, contact me.

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling the Estill County Extension office at 606-723-4557.

A handwritten signature in cursive script that reads 'Judy Vaughn'.

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

Dates of Interest

- **November 1st - Homemaker Soup Bean Fundraiser at 11:00 a.m.**
(Proceeds go towards a scholarship for a graduating senior)
- **November 4th - Not Your Momma's Homemaker Meeting at 5:00 p.m.**
- **November 5th - Laugh & Learn at the Estill County Public Library 10:30-11:30 a.m.**
- **November 3rd, 10th, 17th, and 24th - Food as Health Lunch & Learn at 12:00 noon.** Call to sign up for this series of Lunch & Learn
- **November 17th - Acts in Motion Homemaker Meeting at 6:00 p.m.**
- **November 25th - Yoga-ta Try This at 4:00 p.m.**
- **November 27th & 28th - Office Closed**
- **December 2nd - Homemaker Holiday Party "A Christmas Tea".** See flyer inside for more details
- **December 9th - Holiday Workshop -** See flyer inside for more details
- **December 17th - Laugh & Learn at the Estill County Public Library 10:30-11:30 a.m.**

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Lexington, KY 40506



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You are invited to attend the 2025

Estill County

Extension Homemakers

Holiday Tea Party



TUESDAY, DEC. 2ND
BEGINNING AT 5:30 P.M.
REGISTRATION STARTS AT 5 P.M.

Meal will be potluck finger foods and desserts.
Homemakers will enjoy fellowship, games, door prizes, and more!
Members will need to bring a wrapped pair of socks for a game.

Registration fee: \$10

Pre-registration with payment required by Nov. 24th

Cash or check only. Checks made out to Estill Co. Extension Homemakers

Questions? Call 606-723-4557

Estill County Extension Office

76 Golden Court, Irvine, KY 40336

Judy Vaughn

Judy Vaughn
Estill County Extension Agent
for Family & Consumer Sciences

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HOMEMAKER NEWS

The holiday extravaganza will be on Tuesday, December 2nd. The theme is "A Christmas Tea". We will have a sock exchange this year, so bring a pair of socks. It is a finger/tea food potluck, so bring your favorite finger/tea food. We always have a lot of fun. See the flyer for more information.

If anyone is interested in becoming a Master Clothing Volunteer, please contact me at the Extension Office. We still have some open Chairman positions, so if this is something you are interested in please let me know.

We had the Homemaker Breakfast on the 14th in honor of Homemaker Week.

The Bluegrass Area is in charge of the KEHA Meeting for 2026. I think this will be the best meeting yet, so watch for sign-ups. It fills up fast.

Ovarian Cancer Screening Signups

If you are over 50 years of age, you can receive a free ovarian cancer screening at the UK Markey Cancer Center. We take a group each year for this service. Call the office at 606-723-4557 to sign up.



Deadline to sign up
Friday, December 12, 2025.

Estill County Extension Homemaker

DEADLINE FOR ANNUAL DUES



THURSDAY, NOVEMBER 14TH

Annual dues are \$10.00

(this includes a \$1 donation for Ovarian Cancer Research)



Estill County Extension Homemakers

SOUP BEAN FUNDRAISER

All proceeds will go towards a scholarship which will be awarded to an Estill County graduating youth in May 2026.



**SATURDAY, NOV. 1ST
11:00 A.M. - 2:00 P.M.**

Estill County Extension Office
76 Golden Court, Irvine, KY 40336

Suggested donation of \$10 per meal. Meal includes:

- Soup Beans
- Fried Potatoes
- Cornbread
- Dessert
- Onions & Relish optional



Cooperative Extension Service

Agriculture and Natural Resources
441 West Development
Lexington, KY 40506

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Annual Homemaker dues for the upcoming 2026 year will be \$10.00 (\$9.00 for annual dues, \$1.00 for Ovarian Cancer donation). Checks need to be made out to Estill County Extension Homemakers. Deadline for dues November 14, 2025.

Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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Homemade



GIFTS AND DECOR

Learn how to make Cathy Puckett's
Peanut Roll from Cathy herself.

Make a snowman candy dish or candle holder
and a variety of other items.

When: December 9, 2025, 9:00 to 12:00

Estill County Extension Office

76 Golden Court, Irvine, Ky 40336

Call 606-723-4557 by November 25 to sign up.



Space is limited



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YOGA-TA TRY THIS!

An introduction to yoga – what it is, why you might be interested in trying it out, and a sampling of yoga poses.

TUESDAY, NOVEMBER 25, 2025
4:00 P.M.



Estill County Extension Office, 76 Golden Court, Irvine, KY
606-723-4557

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Workshops start at 12:00 as a Lunch and Learn and will be held at the Estill County Extension Office, 76 Golden Court, Irvine, KY.

November 3rd - Food as Health on a Budget
November 10th - Food as Health for Heart

Disease

November 17th - Food as Health for High Blood Pressure

November 24th - Food as Health for Diabetes

Call Judy Vaughn, FCS Agent at the Estill County Extension Office at 606-723-4557 to register or if you have any questions.

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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)



THIS MONTH'S TOPIC

WHAT PARENTS CAN DO TO HELP BUILD RESILIENCE



Resilience is the ability to bounce back when things are hard—when kids face difficulties, disappointments, or stress. It is not something children are born with, but instead it is built over time. Parents and caregivers play a big role in helping kids develop resilience. Love, support, and good habits help children learn to cope better with troubles and grow stronger.

One key thing parents can do is give children caring relationships. This means spending quality time, showing warm support, and being there to listen and offer comfort. When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

Resilience helps to build problem-solving and coping skills. Parents can help by teaching children

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When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

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how to break down problems into smaller steps, come up with possible solutions, and try them out. Role-playing in different situations can give kids practice. Also, helping children manage stress through simple things, like breathing exercises, talking about feelings, spending time in nature, or doing something creative, can make a big difference.

Another part of resilience is self-efficacy or believing in their own abilities. This grows when kids succeed in small tasks. Parents should praise effort, celebrate small wins, and let children try new things even if they might fail. Allowing them to make safe mistakes helps them learn and fosters confidence.

Structure is important too. Kids need consistent guidance, routines, and clear expectations. When a household has reliable schedules (for meals, schoolwork, bedtime) and fair rules, children feel safer. They have a stable base from which to take risks and try new things. Parents knowing where their children are, what they are doing, and giving support also helps build resilience.

Talking about past challenges is helpful. When parents share experiences they've had—how they managed a tough situation, what they felt, and how they moved forward—it teaches kids that challenges are normal and manageable. It gives children a sense that they are not alone.

Finally, strong connections with family, friends, school, and the community give children a sense of belonging. Having adults they can trust and people to turn to helps children feel supported. These social relationships serve as "buffers" when times are tough.

What parents can try this week

- Ask your child what problem they are worried about and work together to make a small plan.
- Try a short family routine (for example, after dinner) where everyone shares one good thing and one hard thing from the day.
- Give praise for effort not just success. ("You really kept trying.")

- Teach a calming strategy such as taking deep breaths, counting to 10, or walking away for a moment when upset.
- Connect with people in your community—maybe a neighbor, teacher, mentor—and help your child see they have support beyond just home.

By doing these things, you help your child not only survive challenges but also learn and grow stronger from them. Resilience isn't built in one day—it happens over time through many small steps.

REFERENCES:

- <https://www.stopbullying.gov/prevention/help-children-build-resilience>
- <https://developingchild.harvard.edu/resource-guides/guide-resilience>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



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.

Continued on the next page

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Celebrations often mean sitting for long periods.

Physical activity helps
manage blood sugar.

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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,
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Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

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FOR ROUNDTABLE DEVELOPMENT

Lexington KY 40506

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NAME County
Extension Office
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(000) 000-0000

THIS MONTH'S TOPIC

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



President Ronald Reagan 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, Reagan 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

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Estill County
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Irvine, KY 40336

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PERMIT #6

Baked Apples and Sweet Potatoes

5 medium sweet potatoes	1/2 cup margarine	1 teaspoon nutmeg
4 medium apples	1/2 cup brown sugar	2 tablespoons honey
	1/2 teaspoon salt	

1. Boil potatoes in 2 inches of water until almost tender.

2. Cool potatoes, peel and slice. Peel, core and slice apples.

3. Preheat the oven to 400°F. Grease a casserole dish with a small amount of margarine.

4. Layer potatoes on the bottom of the dish.

5. Add a layer of apple slices.

6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.

7. Repeat layers of potatoes, apples, sugar, salt and margarine.

8. Sprinkle top with nutmeg.

9. Mix the hot water and honey together.

Yield: 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
Source: USDA Food Stamp Nutrition Connection, Recipe Finder, June, 2008.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

