

Clark County Extension Office, 1400 Fortune Drive, Winchester KY 40391
Phone: 859-744-4682 Website: clark.ca.uky.edu

Family & Consumer Sciences Newsletter

A Word from the Agent...

As the days grow shorter and the air turns crisp, November reminds us to slow down, reflect, and give thanks. It happens to be my favorite month for many reasons, but the spirit of gratitude that November seems to bring fills my heart. Did you know that practicing gratitude has a significant impact on mental health? From reducing stress and improving mood to boosting resilience and enhancing emotional regulation, taking time to be thankful and show appreciation can do wonders for our overall well-being. This month, we've got a few class offerings to check out as well as some information on getting ready for the holidays. As always, reach out if you have any questions or suggestions.

Wishing you a happy and yummy Thanksgiving season,



Shonda Johnston

Shonda Johnston, Agent

Family & Consumer Sciences

Phone: (859)744-4682

Email: shonda.johnston@uky.edu



Did You Know...

The Macy's Thanksgiving Day Parade began as the Macy's Christmas parade in 1924 featuring nursery rhymed floats and live animals from Central Park Zoo. Organized to showcase the "World's Largest Store" with over 1 million square feet of retail space. It is estimated over 10,000 people were in attendance. The name was officially changed to the Macy's Thanksgiving Day Parade in 1927, when the first giant balloon "Felix the Cat" made its' first appearance. Today it is a Thanksgiving Day tradition watched by millions across the country.



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)

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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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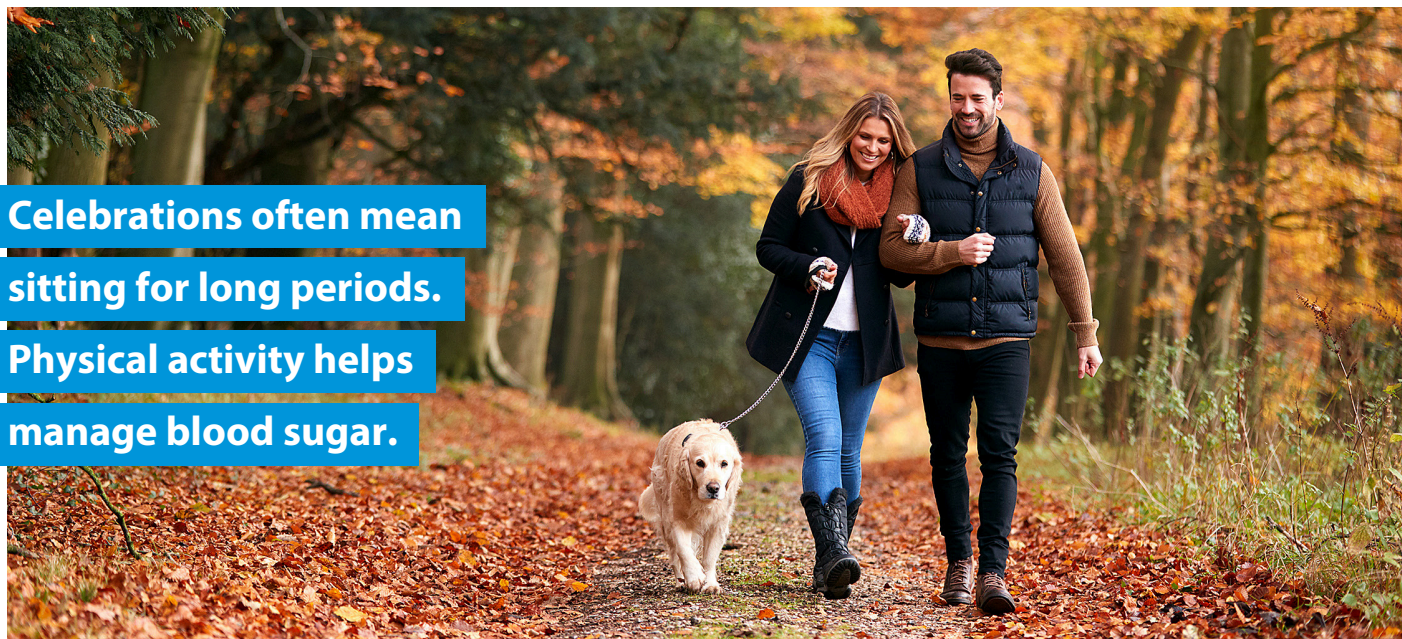
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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.



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





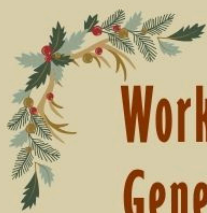
MINI DRIED FLOWER WREATH ORNAMENT WORKSHOP



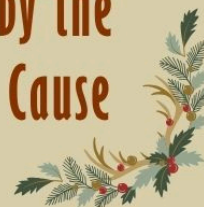
\$25 - Two ornaments

**Saturday November 22
1:00pm**

**Clark County Extension Office
1400 Fortune Drive
Winchester, KY 40391**



**Workshop taught by Byberry Designs and sponsored by the
Generational Gems Homemaker Club's Crafting for a Cause**



**Call the office 859-744-4682 or email
linda.winburn@uky.edu to register**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
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Let's Talk Turkey Safety

It's nearly Thanksgiving, and soon, delicious, juicy turkeys will take center stage at many of our holiday meals. It's so important to properly cook and prepare these birds, because you don't want anyone to get sick from a food-borne illness.

It does not matter whether you purchase a fresh or frozen turkey. But if you plan to purchase a pre-stuffed turkey, make sure it is frozen and has a seal that states it was inspected by either the U.S. Department of Agriculture or a state department of agriculture. The USDA does not recommend that you purchase a fresh, pre-stuffed turkey, because if handled incorrectly, harmful bacteria can quickly grow in the stuffing.

You can safely thaw turkeys in either the refrigerator, cold water or the microwave if the turkey is cooked immediately. You can safely cook a frozen turkey but realize that it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325 degrees Fahrenheit and place it on a rack in a shallow roasting pan. You can add one-half cup of water to the bottom of the pan to keep the turkey moist. For optimal food safety, the USDA recommends that you separately cook the turkey and stuffing, so you can make sure both items reach 165 degrees Fahrenheit.

Measure the turkey's internal temperature with a food thermometer, even if the turkey includes a pop-up thermometer. Check the temperature in several locations including the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing to make sure the temperature is 165 degrees throughout.

Remember to store leftovers within two hours after the meal. Discard any food that's been left out longer than that. To make reheating easier, divide leftovers into small portions. Eat refrigerated leftovers within three to four days. Frozen leftovers will keep for two to six months. Remember when reheating leftovers, make sure the internal temperature of the food is at least 165 degrees.

For more information contact the Clark County Extension Office.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping:	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup brown sugar	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	½ cup ground rolled oats	½ teaspoon cinnamon
2 eggs		1 tablespoon maple syrup	½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



LIMITED SPACES
AVAILABLE

Making Your Own Hot Sauce

Tuesday, December 2nd 6PM

**Clark County Extension Office
1400 Fortune Drive**

Join local hot sauce maker, Tim Toews, of Grumpy Dad Sauce Company, as he teaches the basics of making hot sauce. This is a hands-on class, and you will go home with your very own bottle of hot sauce.

ENROLL
NOW

REGISTRATION REQUIRED!

Call: 859-744-4682 or

Email: linda.winburn@uky.edu



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VOLUNTEERS NEEDED!

DECEMBER 10, 11 & 12, 2025



RECIPES FOR LIFE

This is a program where we share knowledge about cooking, food, and nutrition to 5th grade students in Clark County.

If you're interested in volunteering with us, please contact Shonda Johnston at:
shonda.johnston@uky.edu
Phone: 859-744-4682



VOLUNTEERS NEEDED

IT'S YOUR REALITY EVENT

We are in search of volunteers to help with our Reality Store event at Robert D. Campbell School on November 24th from 9:00am-3:50pm. This event is a hands-on, real-life simulation activity that gives 8th graders the opportunity to make lifestyle and budget choices similar to those that will be faced as an adult. The youth will visit 20 booths that are manned by community volunteers, local business men and women, and extension staff. When manning a booth you will give youth options on a financial decision and initial their cards (i.e. entertainment, clothing, insurance, etc.).

If you are available and willing to help please email Aubrey Lawson at aubrey.lawson@uky.edu



A DECEMBER TO REMEMBER A Clark County Community Christmas

Presented by
Family Resource Youth Services Centers (FRYSC)

Help make Christmas merry and bright for Clark County children. The program is designed to meet the needs and wants of children.

IF YOU WOULD LIKE TO SPONSOR CHILDREN, PLEASE USE THIS LINK OR SCAN THE QR CODE BELOW.

[Click to sponsor](#)



Scan me

Drop off
December 11th
More information will be provided

DID YOU KNOW?

IN CLARK COUNTY, KENTUCKY, APPROXIMATELY 1 IN 7 CHILDREN FACE FOOD INSECURITY, MEANING THEY LACK CONSISTENT ACCESS TO ADEQUATE FOOD.

Each school year, with the help of our Clark County Homemakers and community partners, we fill more than 1,000 backpacks for our students. The food is delivered by the Family Resource Coordinator at their schools. This year we are offering you the opportunity to become one of our "Backpack Buddies" by donating to this very important program!

Make checks payable to:
Clark County Homemakers
(Memo line: Backpack Program)
1400 Fortune Drive
Winchester, KY 40391



BACKPACK BUDDIES!

HOW TO THAW a Turkey



Turkey Size	Refrigerator Thawing	Cold Water Method Thawing
 4-12 pounds	1-3 days	2-6 hours
 12-16 pounds	3-4 days	6-8 hours
 16-20 pounds	4-5 days	8-10 hours
 20-24 pounds	5-6 days	10-12 hours



Christmas at the Museum

November 10 - December 11, 2025

Visit the Bluegrass Heritage Museum, stroll through history, and enjoy the beautiful Christmas trees and holiday wreaths decorated by various community members.

Vote for your favorite tree and/or wreath to help raise much needed funds for the museum.

Winners are determined by the amount of money raised for each tree and wreath.

Winners Receive:

1st Place Tree = \$100.00

2nd Place Tree = \$50.00

1st Place Wreath = \$50.00

2nd Place Wreath = \$25.00



**The
Bluegrass Heritage
Museum**

217 South Main St.
Winchester, KY 40391
859-745-1358

