

FCS NEWS & NOTES

MAIN TOPIC Self-care

The holiday season is often thought of as a time of celebration and rest, but for many people, the holidays cause a lot of stress. The stress can come from worrying about money, travel, work, childcare, or dealing with the absence of someone you love. The results of holiday stress can negatively affect relationships at work and in our family. To deal with the stress of the holiday season, we should find ways to better care for ourselves by engaging in self-care.

Self-care is a broad term involving attitudes, knowledge, and activities to improve or maintain our well-being. Self-care generally applies to reducing stress, but it is important to support our physical well-being as well as our relationships. On the other hand, well-being involves living out our mental and physical health to achieve our dreams, passions, and goals, and

to keep or form new relationships. Focusing on self-care involves the use of coping skills, which are a set of activities or skills to reduce stress. Coping skills and activities can vary, but often include drawing, painting, sewing, hunting or fishing, taking walks, or using box breathing.



When thinking about stress and self-care, we should consider events or situations that create stress and those coping activities that reduce stress. A simple way to evaluate your stress is to make a list and rank the things that cause stress from least to greatest. That way, you can find your most problematic stressors. Once you've made those lists, do the same for your coping skills. Rank them from least to greatest in terms of what gives you the most relief from stress. Lastly, if your feelings of stress are not improving or are worsening, text or call 988 to speak with a crisis counselor and receive support.

Reference: National Institute of Mental Health (2021). "Caring for Your Mental Health." 2022, from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>.

Source: Paul Norrod, DrPH RN,
Extension specialist for rural health and safety

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

HEALTHY RECIPE

10-Minute Bean Soup

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/4 cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic, and oregano
- 1 (14-ounce) can of low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- 1/2 cup grated Parmesan cheese

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes, and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix lemon juice and Parmesan cheese just before serving. (Optional) Garnish with finely chopped fresh basil or dried basil.

Servings: 4

Serving Size: 1/4 of recipe


Nutrition facts per serving: 400 calories; 8g total fat; 2.5g saturated fat; 0g trans-fat; 10mg cholesterol; 500mg sodium; 62g carbohydrate; 15g fiber; 4g sugar; 24g protein; 140% Daily Value of vitamin A; 160% Daily Value of vitamin C; 40% Daily Value of calcium; 30% Daily Value of iron.

Source: Caroline Durr, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



BIG BLUE BOOK CLUB

While you might have missed the first session of Big Blue Book Club, there is still time to join in the fun. Just go to ukfcs.net/BigBlueBookClub and click on the cover of the current book, Praisesong for the Kitchen Ghosts by Crystal Wilkinson, to register. Once your registration is complete, you will receive the zoom link, so make sure to copy it or write it down before closing your browser. We hope to read with you!



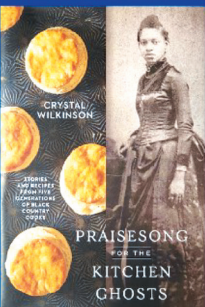
Cooperative
Extension Service
an equal opportunity organization

**BIG BLUE
BOOK CLUB**

SAVE THE DATE

November 3
November 10
November 17

@ 1:30 pm ET/12:30 pm CT
via Zoom



FOLLOW US

Connect with FCS Extension

Do you know all the ways you can find out what is going on with FCS Extension? We provide research-based content through our social media channels that will strengthen you, your family, and your community. You can watch a video, listen to a podcast, or read a publication, all on your own schedule. Find our podcast at ukfcs.net/TalkingFACS or visit our website fcs.mgcafe.uky.edu and click on any of the social channel links to follow us. Did you know we even have short exercise videos that you can do in your own home that will help you build strength, flexibility, and cardio-vascular health?

Attention job seekers!

If you are a motivated professional and currently out of work, underemployed or looking to make a career transition, Job Club is for you!

Note: Job Club will be meeting by Zoom only.

November 11, 2025, 9-10 a.m.

Transitioning Your Career Up

This session will focus on applying a growth mindset to career advancement. Focus will be given on navigating transitions while planning for the future. Participants will learn four steps for advancing their and attaining their career goals.

*Presented by Dr. Lakeisha Mathews, Owner,
Right Resumes & Career Coaching, LLC*

November 18, 2025, Noon-1 p.m.

Puccini's, 833 Chevy Chase Place, Lexington

Job Club Lunch Bunch

Looking for a midday boost in your job search? Join us for a motivational lunch hour (our treat!) where you'll connect with others, hear directly from a featured employer and set weekly goals. Walk away with actionable tips from our career coaches all in a supportive, no-pressure environment.

November 25, 2025, 9-10 a.m.

AI-Powered Job Search: Tools, Tips & Tactics

Discover how artificial intelligence is transforming the job search process. This session will cover practical tools, smart strategies, and actionable tips to help you use AI for crafting resumes, finding job leads, and standing out to employers in a competitive market.

Presented by Amy Gamblin, Associate Director, UK Alumni Career Services



**FREE
and open
to the
public!**

**Register for the
Zoom webinars**



 **Alumni
Association**

 **Human
Resources**
Temporary Employment

LOCAL EVENTS



4-H 2025 Holiday Ornaments are Here!



KEHA Updates

Renew your KEHA membership

Membership drives and county dues collection should be in full swing! The current Kentucky Extension Homemakers Association (KEHA) campaign says the “Keys to Membership” are the three Rs:

- **Recruit:** Get a plus one
- **Retain:** Value members and engage
- **Repeat:** Continue to grow. Visit www.keha.org for information



on the membership campaign and possible county prizes. Did you know you could give the gift of KEHA membership? A gift certificate card template is available on the website for those who want to cover the dues of a recruit. Be sure to share how the potential new member could benefit from being a KEHA member — and let them know why KEHA is important to you!

Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form (KEHA Manual Appendix page 18) should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2026 state business meeting.

Connect with us!



fcs.mgcafe.uky.edu



Facebook.com/UKFCSExt



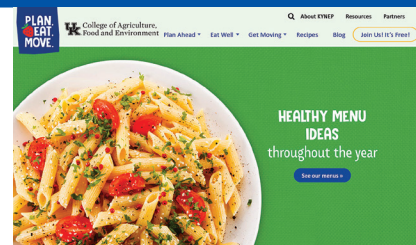
Instagram.com/UKFCSExt



UKFCSExt.podbean.com



YouTube.com/UKFCSExtension



Feeling better happens one small step at a time.

We know, because that's what we've done — and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit PlanEatMove.com/free-classes to learn more.



Join Us

for a Community Baby Shower

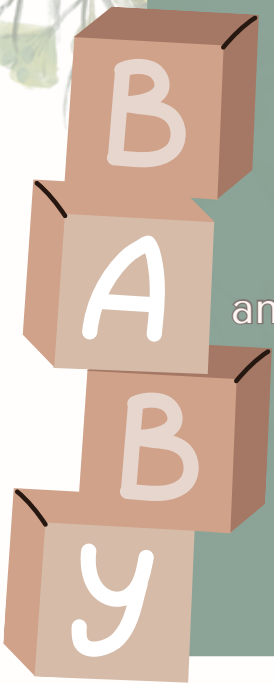
Monday, November 24th, 2025
from 4-6 pm
at the Casey County
Extension Office Education Building

*For pregnant women
and mothers with infants up to
3 months*

Casey County Residents Only

Come out for giveaways, refreshments
and connect with local community resources at this
FREE event

To Register,
Call 606-787-7384



SPONSORED BY: CASEY COUNTY ASAP, LAKE CUMBERLAND
COMMUNITY ACTION AGENCY, ADANTA REGIONAL PREVENTION
CENTER/KY MOMS, CASEY COUNTY EXTENSION OFFICE, FAMILY
RESOURCE YOUTH SERVICES CENTER, CASEY COUNTY SCHOOLS



Seasonal CRD Preparedness Tips

November: Home Fire Preparedness

This holiday season is a time for family, friends and feasts. This may mean you will be spending more time than usual in the kitchen. Cooking is the main cause of home fires any time of the year, but it is especially common on Thanksgiving. The average number of home fires in residential buildings on this day is often double the number of home fires throughout the rest of the year.

Home Fires:

Be aware and prepare for home fires in the 4 tips below:

1. **Fire is FAST!:** In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
2. **Fire is HOT!:** Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
3. **Fire is DARK!:** Fire starts bright, but quickly produces black smoke and complete darkness.
4. **Fire is DEADLY:** Smoke and toxic gasses kill more people than flames do. Fire produces poisonous gasses that make you disoriented and drowsy.

Fires: Before / During / After

Before: Create and Practice a Fire Escape Plan. Practice your home fire escape plan twice each year.

- Tips: find two ways to get out of each room, make sure windows aren't stuck, and practice getting out of the house with your eyes closed.

During: Drop down to the floor and crawl low, under any smoke, to your exit. First, feel the doorknob and door. Open doors slowly if they aren't hot. Proceed to your 2nd escape plan if hot. Call 9-11 if you can't get to someone. If you can't get out, then cover vents/cracks in/around doors and signal fire fighters with a flashlight.

- If YOU catch on fire, then Stop, Drop, and Roll!

After: Check with the local red-cross if you need temporary housing, food, and/or medication. Check with the fire department if your home is safe to enter. Conduct an inventory and document damaged property and items.



Prevention when cooking:

- Stay in the kitchen when you are frying, grilling or broiling food. Turn off the stove if you leave the kitchen for even a short period of time.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Position barbecue grills and turkey fryers at least 10 feet away from siding and deck railings, and out from under leaves and overhanging branches.
- Keep a fire extinguisher available.
- If there is an oven fire - keep the door closed
- Check smoke alarms

Sources:

- <https://www.ready.gov/home-fires> - <https://www.fema.gov/blog/10-ways-prevent-home-fires-thanksgiving>

Table Talks

Developmental Assets

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®—that help young people grow up healthy, caring, and responsible. Every quarter, we will spotlight one internal and one external asset (Source: searchinstitute.org).

Personal Power

INTERNAL ASSET

Young people feel they have control over “things that happen to me.”

Other adult relationships

EXTERNAL ASSET

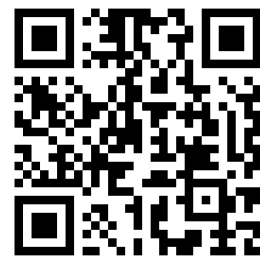
Young people receive support from three or more nonparent adults.

Building Personal Power & Relationships This Fall

Tips!

- Listen to your child without always giving advice or opinions.
- Ask for your child's opinion.
- Admit your mistakes and explain how you learn from them.
- Talk to your children the way you want them to talk to you.
- Ask other caring adults to spend time with your child.

FREE WEBINARS!



operationparent

September

Suicide Prevention Month

- 7: Grandparents Day
- 10: World Suicide Prevention Day
- 11: Patriot Day
- 22: National Family Day
- 23: International Day of Sign Languages

October

Youth Substance Use Prevention Month

- 3: World Smile Day
- 7: You Matter to Me Day
- 10: World Mental Health Day
- 23-31: Red Ribbon Week

November

Military Family Appreciation Month

- 11: Veterans Day
- 23: Better Conversation Week



KENTUCKY
REGIONAL
PREVENTION
CENTERS



The Dinner Table Project
Table Talks

KIP Data

The Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (not all school districts participate). These results are from the 2021 Survey.

13% of Kentucky 8th grade students report THAT THEY Do **NOT** know an adult in or out of school WHO THEY could talk or go to for help.

The number one protective factor in a child's life to increase their resiliency and help them overcome adversity is having a trusted adult they can go and talk to. Help build your connection to youth by being that trusted adult and helping to increase protective factors for children all over.

PARENTS,
WANT MORE
INFO?



Conversation Starters

- Name a person in your life who is generous towards you and/or other people.
- When/where/with who do you feel most connected?
- How do you contribute to your community?
- How do you decide whether or not to help someone?



Chicken Chili

Servings: 4 | Serving Size: 1 ½ cup

Ingredients

- 10 ounce canned/package chicken
- 1 can (15 ounces) diced tomatoes with green peppers and onions
- 1 can (15 ounces) low-sodium kidney beans
- 1 can (8 ounces) no-salt added tomato sauce
- 1/2 cup water
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. In a medium saucepan, heat tomato sauce and water on medium heat.
2. Add canned tomatoes, kidney beans, and chicken.
3. Add chili powder, garlic powder, salt and pepper.
4. Bring to boil. Then reduce heat and simmer 10 minutes.

Tip: You can also add all of the ingredients to a crock pot and cook on high for 2 hours, or low for 4 hours.



thedinnertableproject.org

