

FAMILY & CONSUMER SCIENCES



Anderson County Extension Family & Consumer Sciences Newsletter Winter 2025 Building Strong Families

Cooperative Extension Service
Anderson County
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Important Dates:

November 1 —Basket Guild, 10—2 p.m.
November 3—Quilt Guild, 5:30 p.m.
November 6—EH Project Day, 10—2 p.m.
November 7—Leader Lesson at the Jessamine County Extension Office, “Yogatta Try This!”, 10 a.m.
November 10—Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
November 13 —Lunch & Learn, 11 a.m.
November 14—Area Homemaker Council, 10 a.m.
November 18—Homemaker Council, 5:30 p.m.
December 1—Quilt Guild, 5:30 p.m.
December 4—EH Project Day, 10—2 p.m.
December 8—Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
December 11—Lunch & Learn, 11 a.m.
December 16—Homemaker Council, 5:30 p.m.
January 3, 2026—Basket Guild, 10—2 p.m.
January 5—Quilt Guild, 5:30 p.m.
January 12—Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
January 20—Homemaker Council, 5:30 p.m.



Lunch & Learn

November 13, 11—12 p.m.

December 11, 11—12 p.m.

**Call the Extension Office at 839-7271
to register!**

FREE!!



Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing “Parmesan Carrot Chips” in November and “Lasagna Soup” in December!



Cooperative Extension Service

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Disabilities
accommodated
with prior notification.

You Are Not Alone: Coping With Grief Triggers During the Holidays

Source: Amy Kostelic, associate extension professor, adult development and aging specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.



Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

Prepare and plan. Turn dates into celebrations or a time for healing. Surround yourself with distractions in anticipation of a difficult anniversary.

Permit yourself to feel the emotions. It is OK to allow yourself to laugh and cry.

Reflect on your memories. Tell stories, write or find ways to communicate that are most comfortable to you.

Create a tradition. Use the date for a special remembrance or celebration.

Reach out for support. Don't go through grief alone. Reach out to friends, family, professionals and/or support groups.

Volunteer your time to a cause. Connect to a specific cause or organization meaningful to you and/or your loved one.

Remember that grief is not a sign of a weakness or a setback. Rather, it is a reflection of what's important to you—we all grieve, and you are not alone.

"Yogatta Try This!"

Leader Lesson for November

November 7th, 10 a.m.

Attend in person at
Jessamine County Extension Office

Or Watch video on the Fort Harrod FCS Agent YouTube page

<https://www.youtube.com/@fcsextensionforharrodarea9856>

This lesson is an introduction to yoga!



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A Message From The County President:

Thank you to everyone who made items and worked at our annual bazaar. We made over \$800! And we may even make more. I am setting up at the VFW in Frankfort on November 8 to sell additional items. Time: 10:00 am – 3:00 pm, free admission.

We are moving forward with the Jr. Homemakers. The kick-off meeting will be on November 20th at 3 p.m. If you are interested in helping or have ideas, please let us know.

Most of us know WIC and SNAP will be closing (hopefully temporarily) on Saturday, November 1, 2025. The Simon House has an immediate need for their food pantry. I ask everyone to take a few minutes to support any agency of their choice. There are so many that it would take a full page to list them. We also want to help the Anderson County Food Pantry. If needed, I can pick up and deliver. Look around and ask other people where you can donate food to. If you need a list, I can send you one.

During this holiday season, be aware that there are scammers out there. Be vigilant in your shopping in person and on line.

There is always a need to help someone during the holidays. It could be food or toys for kids. Try to support an agency that is doing good things for many. Or just help your neighbor.

The Quilt Guild will be making stockings for the Senior Center. Some clubs support the Angel Tree and Shop with a Deputy. Your choice. Do a kind deed for someone, and your heart will feel good during the season coming up.

Happy Thanksgiving and Merry Christmas and all that goes with it.

Kay Scheffler
County Homemaker President



Kennedy's Korner:

Things to do in **November**:

Go on a scenic drive to see fall foliage.

Have a cozy movie night featuring Thanksgiving-themed films.

Bake a pie from scratch (try a twist like chai-spiced apple pie!).

Organize a Friendsgiving with your favorite people.

Make a batch of homemade mulled wine or spiced cider.



In **December**:

See Holiday Lights: Drive or walk through neighborhoods and attractions to see festive light displays.

Visit a Holiday Market: Shop for unique gifts and sample seasonal foods at a local Christmas or holiday market.

Make Festive Drinks: Prepare spiked hot cider or hot cocoa to warm up.

Host a Themed Event: Organize a paint-and-sip party or an eggnog tasting.

Give Back: Destress and spread joy by volunteering or donating to a charity.

Make Gifts: Create homemade gifts to share with neighbors and friends.

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

Susan Campbell

Susan Campbell, Anderson County
Extension Agent for 4-H/Youth
Development/FCS

Kennedy Hannah, Anderson County
FCS Agent