

Perry County Cooperative Extension Newsletter

NOVEMBER 2025

 Cooperative Extension Service

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 606.436.2044

 facebook.com/perrycountykyextension

 perry.ca.uky.edu

 perry.ext@uky.edu

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



NOVEMBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Charity Sewing 9 A.M.. Homemaker Meeting 12P.M. Bingocize 5:00PM	4 World Diabetes Day Session A: 11AM-1PM Session B: 5PM-7PM	5	6 Holiday Road Show 10AM East Kentucky Hay Contest 5:30PM @Carter Co.	7	8
9	10 Big Blue Book Club 1:30PM Bingocize 5:00PM	11 Beekeepers Association Meeting 6 P.M.	12	13 Cooking Through the Calendar 1PM Evening Homemaker Meeting 6P.M.	14 Open Sewing 9 A.M. Sew Much Fun 2 PM	15
16	17 Big Blue Book Club 1:30PM Bingocize 5:00PM	18 Quilting 101 9 A.M. Kentucky Passport 1 P.M.	19	20	21	22
23/30	24 Diamond Art Class 1PM Bingocize 5:00PM	25 Homemakers Book Club 12PM Mountain Cattlemen Association 5:30PM @Wolfe Co.	26	27 Office Closed	28 Office Closed	29

NOVEMBER 2025

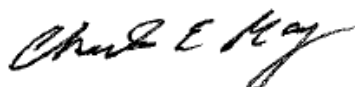
AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- PERRY COUNTY BEEKEEPERS ASSOCIATION
- MOUNTAIN CATTLEMEN ASSOCIATION
- WINTER PREP
- HAY TESTING

As we usher in the month of November, it is both a time for reflection and preparation. This period anticipates the cherished Thanksgiving holiday, an opportunity to express gratitude and share joyful moments with family and friends. As this season signifies a transition into winter, it is prudent to ensure that outdoor spaces are adequately prepared for the colder months ahead. Proper maintenance activities such as trimming dead branches, sealing garden tools, and securing outdoor furniture can mitigate potential disruptions caused by adverse weather conditions. Additionally, checking on heating systems and ensuring sufficient supplies for snow removal contribute significantly to household safety throughout winter. Thus, as you celebrate this Thanksgiving with your loved ones in warmth and happiness, aligning holiday festivities with practical winter preparations ensures a smoother transition into the colder months while fostering gratefulness for well-being and security.

Charles May
County Extension Agent
Agriculture &
Natural Resources
cmay@uky.edu




AGRICULTURE & NATURAL RESOURCES

UPCOMING EVENTS:

Perry County Beekeepers Association-

The November Perry County Beekeepers Association meeting will be a joint meeting with the Knott County Beekeepers Association. It will be held at the Knott County Extension Office on Tuesday, **November 11, 2025**, beginning at 6:00P.M. They will be having a potluck dinner and honey tasting. You don't want to miss out on that. If you plan on attending, call the Knott County Extension Office at (606) 785-5329 to register and let them know what dish you will be bringing. Please sign up by November 10, 2025.

East Kentucky Hay Contest

If you had your hay tested for the annual hay testing program and contest, we will be having an awards program on Thursday, November 6, 2025, beginning at 6:00P.M. This event will be held at the Carter County Extension Office. Being such a long drive for most of us, they will provide a zoom link to the event. If you are interested in watching it, let me know and I will get you the link.

For the Hay testing contest, 1st, 2nd & 3rd place ribbons will be awarded in eleven categories, Alfalfa, Alfalfa Grass, Mixed Hay, Grass and Summer Annual, Alfalfa silage, Alfalfa/grass silage, Mixed grass/legume silage, grass silage, small grain silage and summer annual silage.

If you had your hay tested and cannot attend this event, your results will be mailed to you.



Mountain Cattlemen Association

We will be having a Mountain Cattlemen Association meeting on Tuesday, **November 25, 2025**. It will be held at the Wolfe County Extension Office and begin at **5:30P.M.** with dinner. On the agenda will be a discussion on Bulls and your Calf Crop by Mr. John Chism, Kentucky Department of Agricultural Marketing Director. After his presentation there will be a short business meeting. Since we are having a meal, please register by Friday, November 21, 2025, if you plan to attend. The Mountain Cattlemen Association will once again be doing a group beef cattle mineral order. There are several options to choose from, even mineral with fly control. All County Extension Offices have the order forms, and I have placed one in this newsletter. Orders must be prepaid and due before December 2, 2025. Checks are to be made out to the Mountain Cattlemen Association and given to your local County Extension Agent for Agricultural along with the order form. Mineral will be delivered to the UK Robinson Center at Quicksand probably on December 8, 2025. You will need to make arrangements to pick it up.

Rootstock Orders

We are taking orders again for apple and pear rootstock, if there is enough interest. The rootstock that's available are, M7A 1/4", M111 1/4" G202 1/4", G41 1/4", and Pear.

The price is \$2.00 per rootstock for all of them. To place an order, call the Perry County Extension Office. Orders will be in around the first week of March.

Winter Prep

Here are some things that need to be done around the old homestead in November.

Lawns need an annual application of fall nitrogen. Fertilizing your lawn in the fall will help it grow stronger, thicker and greener. Cool-season grasses should be fertilized with nitrogen in late October and again in four to six weeks. Use either farm fertilizers such as ammonium nitrate, if you can find it or urea, or use specialty fertilizers found in garden centers. The normal rate is 1 to 1.5 pounds of nitrogen per 1,000 square feet of lawn. This would be equal to applying 3 to 4 ½ pounds of ammonium nitrate per 1000 square feet of lawn. Remember to spread it evenly over your lawn.

Ammonium Nitrate is almost impossible to find these days so you may have to use urea or some other fertilizer that has nitrogen in it. Just be sure you apply the correct amount for what formulation you are using. The percent nitrogen that's in the bag is the first number in the blend. Urea has more nitrogen 46% (46-0-0) compared to 34% nitrogen (34-0-0) for ammonium nitrate. You don't need to apply as much urea. 2 or 3 pounds of urea per 1000 square feet of lawn compared to the rate for ammonium nitrate.

If you need assistance figuring out how much to apply, give me a call.

If broadleaf weeds such as clover, dandelion, plantain, ground ivy and chickweed are growing in your lawn, fall is the best time of year to get them under control.

Almost all broadleaf weeds can be controlled selectively in turfgrass by applying a three-way mix of 2, 4-D, MCPP and Dicamba. This mix is sold in many garden centers under a variety of trade names. There are also other mixes on the market but generally are not as effective. For the best results, apply the mix on any relatively warm day in October or November.

Remember to continue mowing your lawn as long as the grass is growing. You might want to lower the height in the fall to 1.5 to 2 inches. This tends to keep the grass greener longer in the winter and will help the lawn to green up earlier next spring. It might even help increase turf density. Once you are finished with your mowing, winterize your lawn mower and lawn equipment. Empty the fuel tank or add a fuel stabilizer. Change the oil, replace belts, spark plugs, and air filter as needed. Sharpen the blades, tune the engine and clean off soil and matted grass. Then store the equipment in a dry area.

Mulch your strawberry bed with clean wheat straw once plant growth has ceased after a week of 20 to 40 F temperatures, but before temperatures plunge to 5 to 10 F. Use a bale of straw for each 40 feet of row.

Continue to water shrubs, trees and especially evergreens until the soil freezes. Plants need to go into winter with moisture around their roots. The dry weather we have been having makes this especially important this year.

Be sure to pick bagworm cases from evergreens and destroy them. They contain eggs for a new generation of pest next year.

AGRICULTURE & NATURAL RESOURCES

Move your houseplants to the sunniest window. South or West exposures are usually best. Low light results in poor growth, leaf drop and increased susceptibility to over watering. Too much fertilizer and water and too little light are the main causes of poor houseplant performance in the winter.

As temperatures go down this fall, you may notice more insects around your home. Insects often retreat indoors to escape the cooler temperatures as a part of their overwintering strategy.

The most common autumn home invaders you may see are multicolored Asian ladybeetles and the brown marmorated stink bug. Brown marmorated stink bugs tend to be the first invader with the multicolored Asian lady beetle following about a month later. The lady beetle is sometimes called the Halloween beetle for its coloration and the fact that people usually start to notice them in October.

While cooler temperatures have begun, you still have ways to pest-proof your home before pests make their mass exodus to warmer hideaways.

Inspect the exterior of the property and look for gaps in windows and doors, holes in screens, openings in caulk or other sealants and fix them. Without these easy entry points, insects have a tougher time coming inside.

Pesticide applications on the outside of the home may also provide some relief but timing is crucial. When using pesticides, focus on doors, windows, utility openings and banding around the foundation. Make sure to check the label of the pesticide to make sure you can apply it to the necessary areas.

As pests mistake your home for a heated pile of rocks, you may see hundreds, even thousands, of insects around your home this fall and winter. Since the primetime for pesticide application has passed, if you see clusters of pests on the exterior of your home, you may also spray them with soapy water to kill them before they start squeezing their way inside.

Once the pests have come into your home, it is best to manage them simply by vacuuming or sweeping them up for disposal. Interior pesticide applications are usually unnecessary, especially “bug bomb” type applications which usually don’t reach the hiding spots of overwintering pests.



ORDER FORM



GROUP MINERAL ORDER

DUE DATE: 12.02.2025

DESCRIPTION	PRICE	QTY	TOTAL
UK IRM HIGH MAG	\$20/bag	----	\$_____
UK IRM BASIC	\$17/bag	----	\$_____
UK IRM HM WITH FLY CONTROL	\$24/bag	----	\$_____
UK IRMBASIC WITH FLY CONTROL	\$21/bag	----	\$_____

SUBTOTAL \$_____

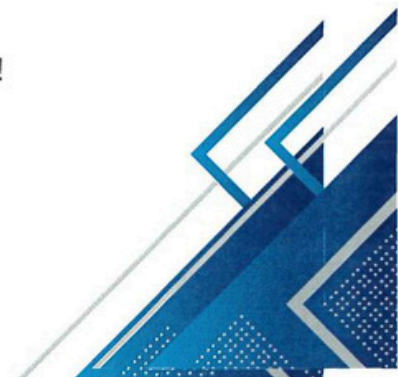
Tax 0%

TOTAL \$_____

TERMS AND CONDITIONS

MINERAL WILL BE DELIVERED TO THE ROBINSON CENTER IN JACKSON, KY FOR PICK UP. THIS ORDER WILL ONLY BE TAKEN ONCE PER YEAR. PLEASE ORDER ACCORDINGLY FOR THE YEAR!

THANK YOU FOR YOUR ORDER!



FAMILY & CONSUMER SCIENCE



NOVEMBER 2025

- Upcoming

Events

- Monthly Recipe
- Health Bulletin
- Money Wi\$e



As the leaves turn and the air becomes crisp, November offers us a time to reflect on gratitude, gather with loved ones, and prepare for the busy holiday season ahead. It's also a great month to focus on health, home, and family—core areas of Family and Consumer Sciences.

In this issue of our newsletter, you'll find helpful tips for managing diabetes during the holidays, information about our Homemakers Book Club and our Big Blue Book Club to help you manage stress during the holiday season, and check out our new class called Sew Much Fun where we will learn to sew by making a small sewing project each month.

Don't miss updates on our upcoming workshops and activities designed to support and strengthen families in our county. As always, thank you for allowing us to be a part of your life and home. Whether you're joining one of our programs or simply using the tips in this newsletter, we're grateful for your continued involvement in Extension's mission to improve the well-being of individuals and families.

Wishing you a warm, safe, and joyful November!

With gratitude,

Perry County Extension Agent for
Family & Consumer Sciences

Sara Adams

**Cooperative
Extension Service**

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

This Month's Events

Charity Sewing - First Monday of the Month

The next date is **Monday, November 3rd** in the Perry County Extension Service office building at **9 a.m.** We will work on favors for the Homemaker Area Meeting in October!

Perry County Homemakers Meeting -

The Perry County Homemaker Meeting will be held on **Monday, November 3rd at noon**. This will be a potluck meal, so please bring a dish if you plan to attend. Call the office at 606-436-2044 to be registered.

Holiday Road Show-

Join us **November 6th** at the Perry County Extension office in our Annex building for our Holiday Road Show beginning at **10AM!**

Sew Much Fun!-

Join us **November 14th, 2025 at 2:00 PM** at the Perry County Extension Office for Sew Much Fun! Learn to sew a straight stitch at our class! We will be sewing a potholder sewing bag! Bring a square potholder. For any questions please call Lorie Adams at (606) 436-2044.

Cooking Through the Calendar

Let's continue our year with healthy meals and our Cooking Through the Calendar Program. The November class will be on **Thursday November 13th, 2025 at 2:00 p.m.**, upstairs in the main building. This month, we will make Parmesan Carrot Chips. Call our office to register!

Big Blue Book Club-

Join us **November 10th and 17th at 1:30 PM** for Big Blue Book Club at the Perry County Extension Office!

Quilting 101 -

Third Tuesday of the Month

Here is your reminder for Quilting 101 in November! Here are some reminders for the upcoming class!

- Complete the Jacob's Ladder block
- Have templates and blocks cut for Ohio Star block (lesson 7) and complete the block if you desire.
- Card Trick block (lesson 8):
- Cut and lay out the background pieces first. Cut the medium colored and the dark pieces and label. Pin them to the appropriate sides of the block layout before attempting to assemble.

This class is full and has no additional space to accept any new participation. See you **November 18th at 9AM!**

This Month's Events

World Diabetes Day-

Nourish to Flourish: Food as Medicine for Diabetes Health. Join us November 4th at the Perry County Extension Office for World Diabetes Day Wellness Workshop! To register go to the link provided:

<https://forms.office.com/r/eH6WstCz>
or scan the QR code shown the flyer attached to the newsletter.

Session A: 11AM-1PM

Session B: 5PM-7PM

Evening Homemakers Club-

Join us at the Perry County Extension Office **November 13th at 6:00 PM** for our evening Homemakers meeting! To register, call (606)436-2044.

Perry County Homemakers Book Club

Join us **November 25th 2025 at 12PM** for book club! We will begin reading "*A Quilt for Christmas*." Call our office to register! We do have books available to check out.

Bingo Size-

Join us Bingo Size is very informational about diabetes! Anyone can join! Call the Perry County Extension Office for any questions! Here are the following dates:

November 3rd at 5:00 PM

November 10th at 5:00 PM

November 17th at 5:00 PM

November 24th at 5:00 PM

Open Sewing Day -

Second Friday of the Month

Do you want to work on quilt blocks to send to the State Homemaker Meeting? Opening Sewing is a great time to get started. Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! Sewing machines are available on-site for our **November 14th from 9 a.m.-1 p.m. class.**

Cultural Passport Program: KY Edition

Join us **November 18th, 2025 at 1:00 PM** at the Perry County Extension Office. How familiar are you with the state of Kentucky? Join us each month to discover something new! Call our office to register! (606) 436-2044.

Diamond Art Club

Join us **November 24th, 2025 at 2:00 PM** for Diamond Art Class! Begin learning the specialty of diamond art. Please bring your own projects to work on. It can help reduce stress and anxiety, & can also spark an interest that becomes more than just a hobby! Call our office today to register!

SEW MUCH FUN!

Bring your own potholder

14 NOV. 2025
2:00 PM

PLEASE CALL THE
PERRY COUNTY
EXTENSION OFFICE TO
REGISTER

More Information :
(606) 436-2044
933 Perry Park Rd.
Hazard, KY 41701



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UK Cooperative
Extension Service

QUICKSAND AREA

HOLIDAY Road show

4TH - WOLFE @10 BREATHITT @ 1
5TH-KNOTT @10 LETCHER @ 1
6TH- PERRY @10 LESLIE @ 1
7TH- LEE @10 OWSLEY @ 1

See you soon!



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UK Cooperative
Extension Service

Charity Sewing

PERRY COUNTY EXTENSION OFFICE

November 3rd, 2025
9:00 A.M.



OPEN SEWING
November 14th, 2025

Begins at 9:00 AM

CALL THE PERRY COUNTY
EXTENSION OFFICE TO REGISTER
(606) 436-2044



AN EQUAL OPPORTUNITY ORGANIZATION

An Equal Opportunity Organization

WORLD DIABETES DAY

Nourish to Flourish: Food as Medicine for Diabetes Health

HAZARD

World Diabetes Day
Wellness Workshops

NOVEMBER 4TH

PERRY COUNTY EXTENSION OFFICE

933 PERRY PARK ROAD, HAZARD, KY 41701

- SESSION A: 11AM – 1PM
- SESSION B: 5PM – 7PM

Pre-registration required for this event. Scan QR code or visit <https://forms.office.com/r/eH6W5XWtCz>



Cooperative
Extension Service

IN COLLABORATION WITH PERRY
COUNTY DIABETES COALITION AND
PERRY COUNTY EXTENSION OFFICE.

BIG SANDY

World Diabetes Day Lunch
and Learn & Health Fair

NOVEMBER 12TH

MOUNTAIN ARTS CENTER

50 HAL ROGERS DRIVE, PRESTONSBURG, KY 41653

10AM – 2PM

10:00AM VENDORS
11:00AM SPEAKERS
12:00PM LUNCH
1:30PM CLOSING/DOOR PRIZES

Free health screenings,
ARH Mobile Clinic on site,
local resources & education

Featured Speakers



**Jessica
Flesh, RD**
Nutrition
by Jessica



**Marvin
Rodriguez**
Area Executive
Chef at Sodexo
Healthcare



**NOURISH
TO Flourish!**



Proudly serving Eastern Kentucky and Southern West Virginia.

Calling All Book Lovers!

Cooperative
Extension Service
Family and Consumer Sciences

PERRY COUNTY HOMEMAKERS BOOK CLUB

Join us as we read
"The Tenant"

NOV. 25TH

12 PM

933 Perry Park Rd.
Hazard, KY 41701

Call our office to register
at (606) 436-2044



An Equal Opportunity Organization



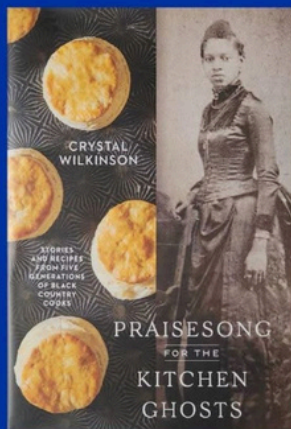
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Extension Service
an equal opportunity organization

BIG BLUE BOOK CLUB

**SAVE
THE DATE**

October 27
November 3
November 10
November 17

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



Registration opens **September 2, 2025**. Visit the
website, ukfcs.net/BigBlueBookClub, to register.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Cooperative
Extension Service

Join
Us!

**BINGO
CIZE**

EVERY
TUESDAY IN
OCTOBER

NOVEMBER 3RD, 10TH,
17TH, AND 24TH!
@ 5:00

PERRY COUNTY EXTENSION OFFICE
933 PERRY PARK RD. HAZARD KY 41701
REGISTER TODAY AT: 606-436-2044

Diabetes Edition
An Equal Opportunity Organization.



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 Cooperative
Extension Service

EVENING

KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION



NOVEMBER 18TH 6:00 P.M.

933 PERRY PARK RD.

HAZARD, KY 41701
CALL TO PRE-REGISTER
@ 606-436-2044

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Lexington, KY 40506



 Institutions
accredited
with prior notification

PLEASE JOIN US FOR  Cooperative
Extension Service



DECEMBER 2ND AT 5:30 PM
AND DECEMBER 5TH AT 1:00 PM
933 Perry Park Rd. Hazard KY 41701
Call to Pre-Register at
606-436-2044

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Lexington, KY 40506



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ADULT

 Cooperative
Extension Service

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)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

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 →

Cooperative Extension Service

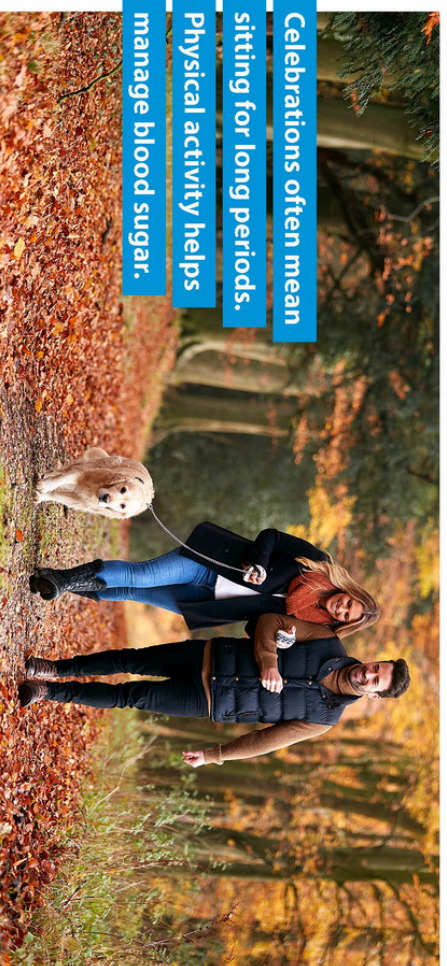
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Disabilities
accommodated
with prior notification.

**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 Mansau

Stock images: Adobe Stock

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

FINANCIAL CONSIDERATIONS FOR THE SANDWICH GENERATION

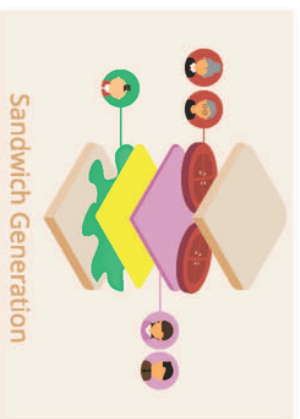
Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents and their dependent children at the same time.

The sandwich generation faces normal financial pressures, such as childcare and education costs, retirement savings, healthcare needs, and basic living expenses. What makes this population unique is that they have co-occurring responsibilities that often draw from the same limited pool of resources (e.g., time, energy, money).

Balancing dual caregiving roles can be challenging, especially with multiple competing priorities. If you are a "sandwiched" adult, consider these tips to reduce the financial stress associated with caring for an aging loved one.

KEEP BUDGETS SEPARATE

If you provide care for an older adult, it is important to keep their finances separate



from yours if they plan to apply for assistance through government agencies. When applying for benefits, don't hide or transfer a loved one's assets to qualify, as this can have negative legal consequences. Use your loved one's resources to pay for their expenses and keep detailed records.

EXPLORE ASSISTANCE PROGRAMS

Search for community and government assistance programs that can help with living or medical expenses, long-term care costs, meal delivery services, transportation to medical appointments, etc. Additionally, research local free or low-cost senior programs, senior centers, adult day care

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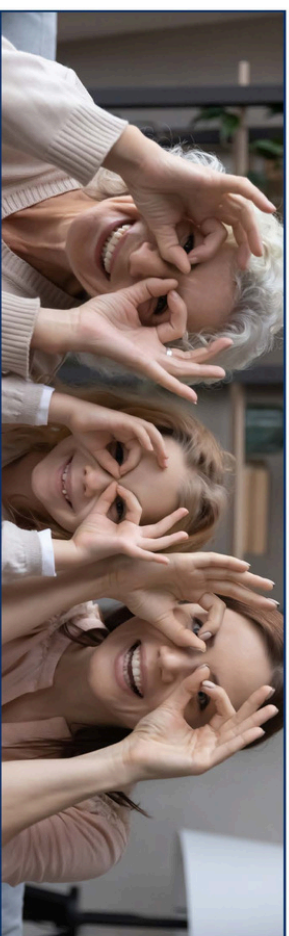
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options, and caregiver support groups. Useful links include:

- Medicaid (<https://www.medicaid.gov/>)
- Medicare (<https://www.ssa.gov/medicare>)
- Supplemental Security Income (SSI) (<https://www.ssa.gov/ssi>)
- Senior Services (<https://www.hhs.gov/programs/social-services/programs-for-seniors/>)
- Kentucky Department for Aging and Independent Living (<https://www.cfrts.ky.gov/agencies/dail/>)
- National Aging in Place Council (<https://ageinplace.org/>)

SUPPORT FOR CAREGIVERS

Dual caregiving can be exhausting. If you feel overwhelmed, remember you are not alone. Talking with a counselor, chaplain, or friend can help. Also, consider meeting with

a financial planner who specializes in elder care. They can create a financial plan that balances everyone's needs. Caregivers may qualify for unpaid time off under the Family and Medical Leave Act (FMLA) (<https://bit.ly/DOLbenefitsFMLA>). FMLA allows qualifying employees to take up to 12 weeks of unpaid, job-protected leave per year to care for an immediate family member. Some employers offer paid elder care leave options; they permit you to use sick days or personal leave to care for loved ones; or they offer shared leave banks for caregiving needs.

REFERENCES

Lei, L., Leggett, A. N., & Maust, D. T. (2023). A national profile of sandwich generation caregivers providing care to both older adults and children. *Journal of the American Geriatrics Society*, 71(3), 799-809.

Military Family Spotlight

More than 235,000 veterans call Kentucky home. If your parent is a veteran, the U.S. Department of Veteran Affairs (VA) Caregiver Support Program (<https://www.caregiver.va.gov/>) provides education and resources to help caregivers. Reach out to the Caregiver Support Coordinator at your local VA Medical Center to learn more.

All active-duty, National Guard, and Reserve service members, their families, and survivors are eligible to receive free financial counseling services with a Personal Financial Counselor (<https://finred.usalearning.gov/pfcmapp>). They can help you explore VA resources and health benefits, as well as other government assistance programs like Medicaid and Medicare to help with medical costs.

Student contributions by Barbara Breuthinger and Payton Mays, Family Financial Counseling

Written by Kristen Jowers, M.S., and Nichole Huff, Ph.D. | Designed by Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

Newsletter

November 2025



Hey Perry County!

We invite you to participate in a series of engaging youth enrichment activities designed to ignite creativity, cultivate practical skills, and equip youth for an unforgettable experience. This is an exceptional opportunity to inspire young minds and foster lasting memories. Join us in making a meaningful impact this year!

Sign up today and watch as your child embarks on a journey of discovery and growth, making friends and memories that will last a lifetime!

Jacob Singleton

County Extension Agent
4-H Youth &
Community Development
jacob.singleton@uky.edu

THIS MONTH:

- 4-H Exclusive
- Youth Health Bulletin



4-H Youth & Community Development

4-H Exclusive

Kentucky 4-H Shooting Sports archery has soared to new heights in 2025, blending competitive excellence with youth development. This year, the program proudly represented the Commonwealth at the National 4-H Shooting Sports Championships in Grand Island, Nebraska, and hosted the first-ever Kentucky 4-H Archery Extravaganza, reinforcing its role as a leader in empowering young archers.

At the national level, Kentucky delivered an impressive performance with not only first-time compound and recurve archery teams, but returning muzzleloading and shotgun teams as well, showcasing the depth and diversity of the program and its youth. Kentucky team members competed in the event over three days against more than 700 youth from across the country.

The compound archery team clinched fourth place overall out of a field of 32 states, while members of the recurve archery team achieved individual successes, including a top-10 finish. Additional highlights included:

- Compound archery team: third place, Day 1 (FITA)
- Compound archery team: first place, Day 2 (field)
- Adam Curran (Bourbon County): seventh place in compound FITA and fourth in compound field
- Solomon Pangallo (Kenton County): seventh in compound field
- Braydon Roberts (Bath County): 10th in compound 3D
- Curtis Bailey (Montgomery County): ninth in recurve field

These achievements reflect the dedication of youth, coaches, and volunteers across the state.

Back home, the inaugural Kentucky 4-H Archery Extravaganza, held in September in Berea, Kentucky, welcomed more than 80 youth from 15 counties. Participants competed in barebow, recurve, and compound divisions, supported by certified instructors and cheering families. Through progressive skill development and hands-on learning, this new and exciting opportunity within the Kentucky 4-H Shooting Sports program encourages youth to pursue their passions, challenge themselves and envision pathways to collegiate and professional archery.

Kentucky 4-H Shooting Sports is about more than competition—it's a platform for growth. Grounded in the 4-H Thriving Model, the program helps youth discover their sparks, build lasting relationships and develop life skills like resilience, goal setting and leadership.

As the KY 4-H Shooting Sports program continues to expand its offerings, its success sets a strong precedent for future programming that helps youth become beyond ready to lead, grow and thrive.

For more information or to get involved, contact the Perry Extension office.

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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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC BUILDING RESILIENCE: BOUNCING BACK STRONGER



Resilience is a big word, but it has a simple meaning. It is the ability to bounce back after something hard happens. Think about a rubber ball. When you drop it, the ball does not stay on the ground—it bounces back up. People can do the same thing. When life gets tough, resilience helps us stand up, keep going, and even grow stronger.

Everyone faces challenges. You might get a bad grade, lose a game, or argue with

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When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

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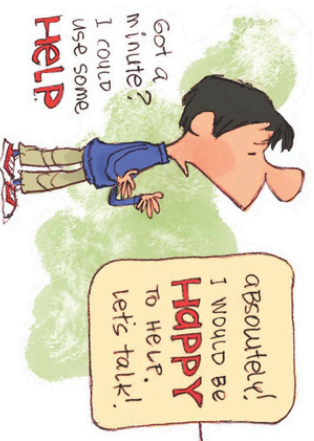
a friend. Sometimes, bigger problems arise, like moving to a new school or having someone you love get sick. Feeling sad, upset, or worried is normal. But resilience helps you cope with these feelings in healthy ways, instead of giving up.

One way to build resilience is to stay positive. This does not mean you always have to be happy. It means looking for the good, even in hard times. For example, if you lose a game, you can think about what you learned and how you can do better next time. A positive attitude helps your brain stay hopeful.

Another way to grow resilience is to ask for help. Strong people know they do not have to do everything alone. You can talk to a parent, teacher, coach, or friend when things feel too heavy. Sharing your feelings can give you new ideas and comfort. Remember, it is OK to need support.

Taking care of your body also builds resilience. Eating healthy foods, getting enough sleep, and moving your body with play or exercise makes your mind and body stronger. When you feel good physically, it is easier to deal with stress.

Resilience also comes from practicing problem-solving. When you face a challenge, instead of giving up, ask yourself, "What can I do about this?" Breaking big problems into smaller steps makes them easier to manage. Each time you solve a problem, your confidence grows.



Another important piece is kindness—to yourself and others. Sometimes we are our own biggest critics. Instead of being hard on yourself when you make a mistake, try saying, "I did my best, and I can try again." Treating yourself with kindness makes it easier to keep going. Helping others also builds resilience. When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

Resilience is like a muscle. The more you use it, the stronger it gets. Every time you face a challenge and keep moving forward, your resilience grows. You may not notice it right away, but over time, you will see how much stronger and braver you have become.

Remember: Life will always have ups and downs, but resilience gives you the tools to bounce back. With practice, you can face challenges, learn from them, and keep shining brightly.

REFERENCES:

- <https://developingchild.harvard.edu/resource/guides/guide-resilience>
- <https://www.apa.org/topics/resilience/guide-parents-teachers>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Mansau

Cartoon illustrations by: Chris Ware
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School of Human Environmental Sciences



Perry County Cooperative Extension
933 Perry Park Road
Hazard, Kentucky 41701

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