

OWEN COUNTY

Family & Consumer Sciences

EXTENSION HOMEMAKER NEWSLETTER

NOVEMBER



Cooperative
Extension Service
Family and Consumer Sciences

Owen County

265 Ellis Road
Owenton, KY 40359
(502)484-5703
owen.ca.uky.edu



Hello FCS and Homemaker Families,

Fall is in full swing! It's time for us to sit back, reflect on this past year, and give thanks to those who love and cherish us. In this period of reflection, we also welcome some new beginnings! **We officially have an FCS Agent!**

Andrea Wilde joins us in Owen County on November 3rd with a wealth of experience through UK's Nutrition Education Program (NEP). Most recently, she served as the NEP Area Agent for the Northern Kentucky and Louisville Areas. She is passionate about promoting healthy homes, empowering communities, and strengthening the reach of Extension's Educational Programs.

Andrea lives with her husband, Adam, and her two sons, Asher and Austin. When not at a soccer or baseball field, they enjoy trips to the Cincinnati Zoo, watching movies, and having game nights.

Stop by the Owen County Extension Office on November 20th at 4PM to meet Andrea and welcome her to our community!

From healthy meals to heartfelt moments,
here's to a month of thankfulness and togetherness,

Bryce Charles & Kendal Bowman



Welcome
Andrea Wilde
Owen County Extension Agent for
Family and Consumer Sciences

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

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.



IN THIS ISSUE:

Homemaker News

Owen County Homemaker Handbook
Homemaker Membership Dues
KEHA State Meeting
Mingle & Jingle
Homemaker Craft Making Day
Santa's Castle
Spring Craftin' for the Community

FCS Programs

Medicare 101

4-H Events

Make a Winter Pillowcase
4-H Fundraisers
4-H Summer Camp

Community Events

Embroidery Workshop
Christmas Project Information
Parent Cafe
PopUp Driver's License
Christmas in Mayberry
Owen County Christmas Parade

Health Bulletin

Managing Diabetes During the Holidays

MoneyWise

Financial Considerations for the Sandwich Generation



Medicare 101

Join us for an educational session led by Mark Viehmann, a Medicare Advisor. You will learn how to select the plan that is right for you.

November 18, 2025
12 PM OR 5:15 PM

A meal will be provided before each session begins. Please register to reserve your spot by contacting the Owen County Extension Office no later than Friday, November 14th.

CONTACT US TO RSVP:



(502)484-5703



owen.ext@uky.edu



265 Ellis Road
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Disabilities accommodated with prior notification.

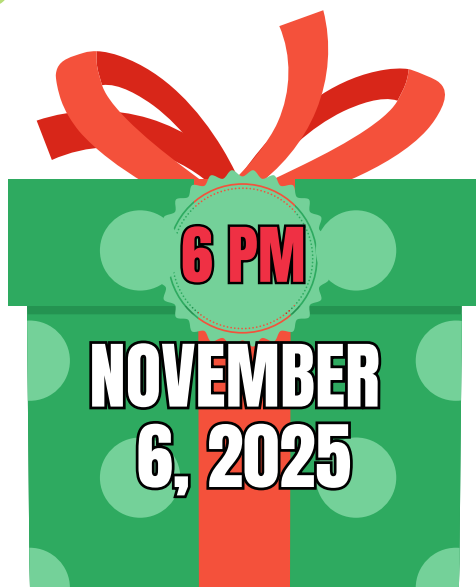


 Cooperative
Extension Service

MINGLE & JINGLE

Join the Owen County Homemakers as they host "Mingle and Jingle!"
Celebrate the season with a few crafts, delicious recipes, and
fellowship! This is a festive program and is similar to the Holiday
Trimmings program. Limited space available!

Be sure to call (502) 484-5703 to register and secure your spot!



**\$5 PER PERSON
PAYMENT MAY BE MADE
BY CASH OR CHECK.**

**OWEN COUNTY
EXTENSION OFFICE**

**265 ELLIS ROAD
OWENTON, KY 40359**



HOMEMAKER

CRAFT MAKING DAY



NOVEMBER 7, 2025

9AM-2PM

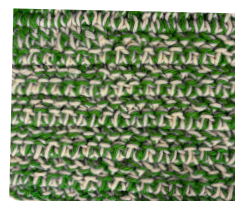
Join us for a day of fellowship and crafting as we prepare gifts for our Santa's Castle event on the first Saturday in December!



Each Homemaker is asked to contribute 10 gifts (handmade, gently used or store-bought) for Santa's Castle



Owen County Extension Office | 265 Ellis Road



Embroidery Workshop

November 3, 2025

6:00 PM

Owen County Extension Office



This workshop is open to all members of the community. Feel free to bring your own project. Some supplies will be provided, but availability is limited.



HELP 4-H YOUTH MAKE A...



Winter Pillowcase

NOVEMBER 19, 2025

3:15 PM

OPEN TO YOUTH AGES 5-18.

4-H is seeking volunteers to help with sewing for project days and 4-H Sewing that begins in January-February for the 2025-2026 program year.

If you are able and willing to help out 4-H sewing, please call (502) 484-5703



The Pleasant Home Homemakers had a crafting day during their meeting. This craft will be in the Mingle & Jingle book.

2025 OWEN COUNTY CHRISTMAS PROJECT

APPLICATIONS ARE DUE **FRIDAY, NOVEMBER 14 4:00 PM**

OWEN COUNTY EXTENSION OFFICE
265 ELLIS ROAD
OWENTON, KY 40359

FOR QUESTIONS CALL
(502) 484-5703

2025 OWEN COUNTY CHRISTMAS PROJECT

APPLICATIONS ARE AVAILABLE AT THE EXTENSION OFFICE MONDAY-FRIDAY 8AM-4:30PM

**DEADLINE TO APPLY:
Friday, November 14th
(4:00 PM)**

2025 OWEN COUNTY CHRISTMAS PROJECT

APPLICANT MUST PROVIDE ALL INFORMATION BELOW. ALL APPLICATIONS MUST BE MAILED OR DROPPED OFF TO OWEN COUNTY EXTENSION OFFICE (USE THE BACK CHAMBER OF OWENTON, KY 40359) OR MAIL TO: OWEN COUNTY EXTENSION OFFICE, 265 ELLIS ROAD, OWENTON, KY 40359. NO LATE APPLICATIONS WILL BE ACCEPTED. NO CASH FOR THE PROJECT. NO CASH FOR THE PROJECT. NO CASH FOR THE PROJECT.

MUST ATTEND ONE PARENT CAFE CLASS ON NOVEMBER 10 AT 10 AM IN OWENTON, KY 40359.

Parents Name: _____
 Mailing Address: _____
 Phone Not Physical Address if different than mailing: _____
 Please provide working Phone Number to reach you: () _____
 Email Address: _____

Please provide clothing size and send for questions regarding your registration.

Please list and send name along with correct age of clothing being in the household.

Item	Size	Age
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Name of Child	Gender	Age	Short Size	Foot Size	Shoe Size	Undergarments	Items Needed	Use Extension Office

PARENT CAFE - 2 OPTIONS FOR CHRISTMAS ASSISTANCE

- Connect with others, share experiences, offer support.
- Guided conversation help build strong families.
- Focus on parenting strengths, well-being, and personal growth.

Join us for a **PARENT CAFE**

You must attend the Parent Cafe meeting to qualify for Christmas Project Assistance.

DATE #1 OCTOBER 22 8:30-10:30 PM OWEN COUNTY EXTENSION OFFICE
 USE THIS QR CODE (OR CALL FOR THE OCT 22 DATE)

DATE #2 NOVEMBER 10 8:30-10:30 PM OWEN COUNTY EXTENSION OFFICE
 USE THIS QR CODE (OR CALL FOR THE NOV 10 DATE)

FRYSC
 For more information, call Jennifer Brown, Fric Coordinator 502-484-4014

Size Chart for Clothing Sizes

Infant	Toddler	Child	Junior (teenage only)	Women	Men
Newborn	2T	4-5 (4-5)	10-12 (10-12)	0-10 (0-10)	XS
0-3 months	3T	6-9 (6-9)	13-16 (13-16)	10-12 (10-12)	S
3-6 months	4T	9-12 (9-12)	17-20 (17-20)	13-16 (13-16)	M
6-9 months	5T	12-15 (12-15)	21-24 (21-24)	17-20 (17-20)	L
9-12 months	6T	15-18 (15-18)	25-28 (25-28)	21-24 (21-24)	XL
12 months	7T	18-21 (18-21)	29-32 (29-32)	25-28 (25-28)	2XL
18 months	8T	21-24 (21-24)	33-36 (33-36)	29-32 (29-32)	3XL
24 months	9T	24-27 (24-27)	37-40 (37-40)	33-36 (33-36)	4XL
30 months	10T	27-30 (27-30)	41-44 (41-44)	37-40 (37-40)	5XL
36 months	11T	30-33 (30-33)	45-48 (45-48)	41-44 (41-44)	6XL

Size Chart for Shoe Sizes

Infant	Toddler	Little Kid	Big Kid	Women	Men
Size 1	1C	10-11	12-13	6	6
Size 2	2C	12	14	7	7
Size 3	3C	13-14	15-16	8	8
Size 4	4C	15	17	9	9
Size 5	5C	16-17	18-19	10	10
Size 6	6C	18-19	20-21	11	11
Size 7	7C	20-21	22-23	12	12
Size 8	8C	22-23	24-25	13	13

OWEN COUNTY ANGEL TREE

**QUESTIONS?
CALL OWEN COUNTY
EXTENSION OFFICE
(502) 484-5703**

**RETURN GIFTS
UNWRAPPED
*WRAPPING SUPPLIES
ARE APPRECIATED**

**RETURN GIFTS
BACK TO
OWEN COUNTY
EXTENSION
OFFICE BY
12.12.2025
AT 9AM**

**PICK AN ANGEL
ORNAMENT(S) AT
THE OWEN COUNTY
EXTENSION OFFICE
STARTING ON
11/24/2025**

**PLEASE PURCHASE A
COMPLETE OUTFIT
WITH A PAIR OF
SHOES. ADDITIONAL
ITEM OF SOMETHING
THEY NEED AND ONE
ITEM THAT REFLECTS
THEIR INTERESTS.**



SANTA'S CASTLE

SATURDAY, DECEMBER 6 2025

10 AM-12 PM



Cooperative
Extension Service

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

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with prior notification.

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

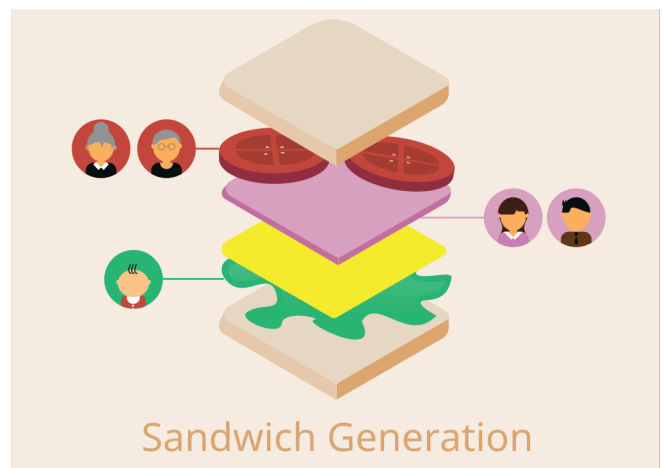
Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents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

COMMUNITY EVENTS

Opening Day Cafe!

11/8 7AM - 2PM

Come grab a bite during the first day of the modern gun hunting season!

Breakfast

- Biscuits & Gravy
- Sausage
- Pancakes
- Coffee/Juice/Tea/Water

Lunch

- Chili
- Cornbread
- Ham/Potato Soup
- Coffee/Tea/Lemonade/Water

Breakfast will be served from 7AM - 11AM
Lunch will be served from 11AM - 2PM

Owen County Extension Office
265 Ellis Road, Owenton, KY 40359

\$15
per meal

All proceeds go towards supporting local 4-H youth with registration costs for 4-H events!

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



POPOP DRIVER'S LICENSE



November 13, 2025

Owen County Cooperative Extension
265 Ellis Road
Owenton, KY 40359

Must register with drive.ky.gov
Registration for this popup event
opens October 30, 2025 at 8 AM



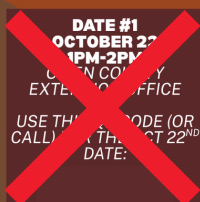
PARENT CAFE - 2 OPTIONS FOR CHRISTMAS ASSISTANCE

- Connect with others, share experiences, offer support
- Guided conversations to help build strong families
- Focus on parenting strengths, well-being and personal growth

Join us for a

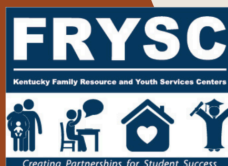
PARENT CAFE

You must attend **one**
Parent Café meeting
to qualify for
Christmas Project
Assistance



DATE #2
OCTOBER 22
11PM-2PM
OWEN COUNTY
EXTENSION OFFICE

USE THIS QR CODE (OR
CALL) FOR THE NOV 11TH
DATE:



For more information, call
Janetta Briscoe, FRC
Coordinator
502-484-4014



Cooperative
Extension Service

Need Rolls?

We've got you covered!

Now taking orders for rolls, honey cinnamon butter, and gift cards
through November 3rd!

Order by contacting a 4-H member or email OC4H.Council@gmail.com

FORMS OF PAYMENT

Checks payable to: Owen County 4-H Council
Venmo: @OC4H_Council
Cash



Dozen Rolls \$8

Honey Cinnamon Butter \$2

\$25 \$50 \$100

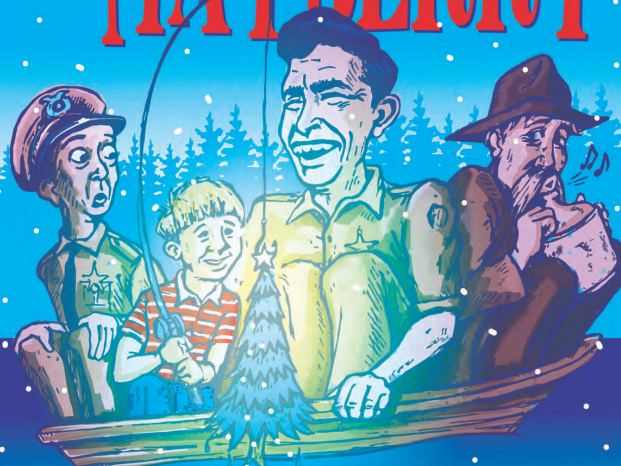


All proceeds go towards
supporting local 4-H youth with
registration costs for 4-H events!

COMMUNITY EVENTS

OWEN COUNTY COMMUNITY THEATER
PRESENTS

Christmas IN MAYBERRY



5TH DECEMBER 2025 7PM
6TH DECEMBER 2025 2PM & 7PM

FREE ADMISSION AT THE DOOR

MERRY VINTAGE CHRISTMAS

SATURDAY 13 DECEMBER

**LIVE MUSIC, HOLIDAY SHOPPING, AND
SMALL TOWN CHRISTMAS PARADE**

**Presented By: Owen County
Chamber of Commerce**

Around the Courthouse Square:

- 1:00 pm - 5:00 pm: Open House at Participating Merchants/ Christmas Shopping around the square
- 2:00 pm - 7:00 pm: Fun Attraction
- 2:30 pm: Christmas Bake-Off (Drop off at Epoch)
- 3:00 pm - 5:00 pm: Music by "What about Jane"
- 4:30 pm: Pet Pageant @ Courthouse Lawn (Dress your pet in festive wear)

Parade Information:

- 3:30 pm-4:00 pm: Line up Parade Entries (Old Itron Parking Lot)
- 4:30 pm-5:00 pm: Preliminary Judging Starts
- 5:00 pm- Parade Entries leave Itron Parking Lot.
- Parade Route: Down Roland Avenue, left onto West Seminary Street, and ends when they turn left onto Main Street.
- 5:30 pm: Christmas Parade (Theme: Vintage 90's & below)
- 6:00 pm: Santa Claus in Front of the Courthouse and Winners Announced for Bake-Off and Parade




Save the Date!

Craftin' for the Community

Hosted by the Memory Makers
Homemakers

Saturday, April 18th 2026

at the Owen Co. Cooperative Extension
Office

Join us for shopping, crafting, food, giveaways and more- all while supporting a great cause in our community! Crafting table registrations opens this winter, more details to come!

Cooperative
Extension Service

SAVE THE DATE SUMMER CAMP



JUNE 1ST - JUNE 5TH, 2026!

**Keep an eye out for Camper Applications
coming in December/January!**

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)

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
(502) 484-5703

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 ➡

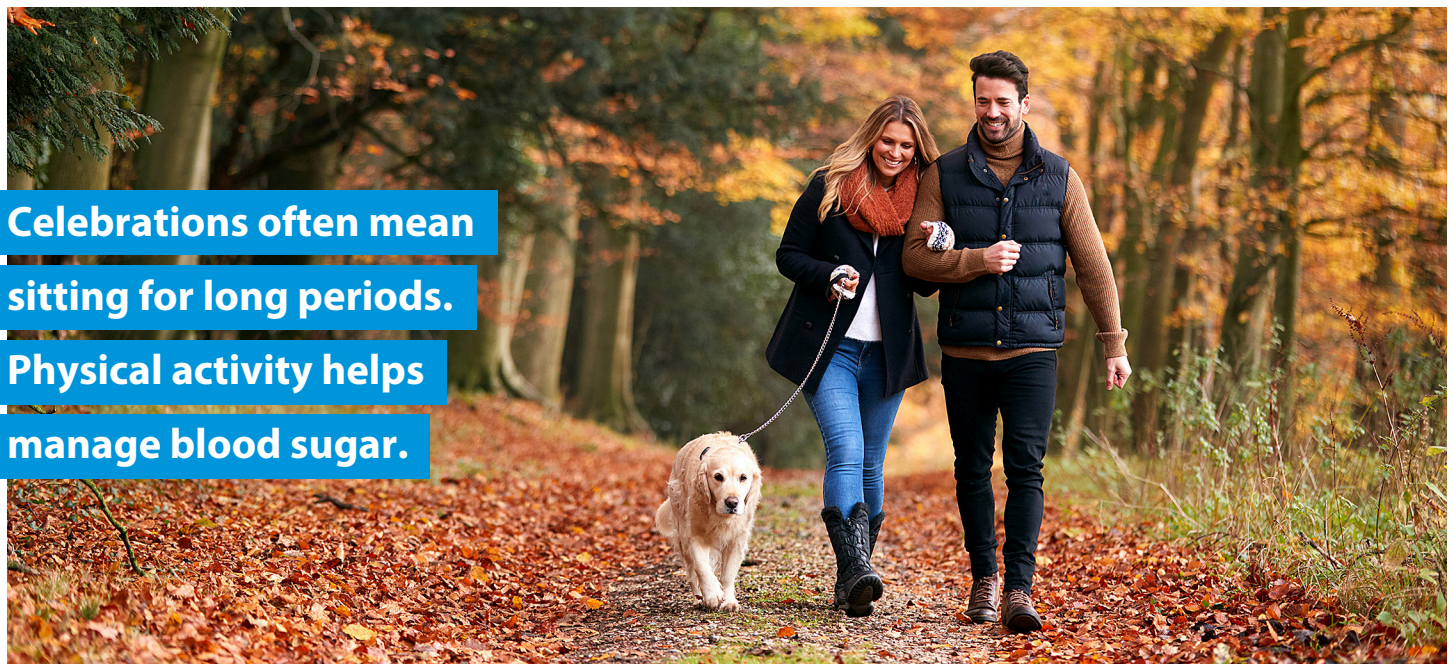
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Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar.

→ **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

NOVEMBER



SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1
2 Daylight Savings Time Ends 	3 Andrea's First Day!  Embroidery Class Owen CES 6 PM	4	5 Pleasant Home Owen CES 11 AM 	6 Mingle & Jingle Owen CES 6 PM	7 Homemaker Craft Making Day Owen CES 9 AM - 2 PM 	8
9	10 Parent Cafe Owen CES 5:30 PM	11  SEW ALL DAY Owen CES 9 AM - 4 PM Veteran's Day	12	13	14 Sweet Owen Store 11 AM  Christmas Project Applications Due by 4 PM	15
16	17	18 Medicare 101 Owen CES 12 PM 5:15 PM Extension District Board Meeting Owen CES 5 PM Cotton Club Owen CES 6 PM 	19 4-H Sewing Winter Pillowcase Owen CES 3:15 PM	20 Welcome Reception Owen CES 4:00 PM Homemaker Council Meeting Owen CES 5:30 PM (NEW TIME)	21	22
23	24 Pick up Angel Tree Ornament(s) 	25	26 Crochet & Fellowship Owen CES 11 AM 	27 OFFICE CLOSED 	28	29
30	1	2 SEW ALL DAY Owen CES 9 AM - 4 PM	3 Pleasant Home Owen CES 11 AM 	4	5 Santa's Castle Setup Owen CES 9 AM	6 



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.

Owen County Extension Office

265 Ellis Road

Owenton, KY 40359

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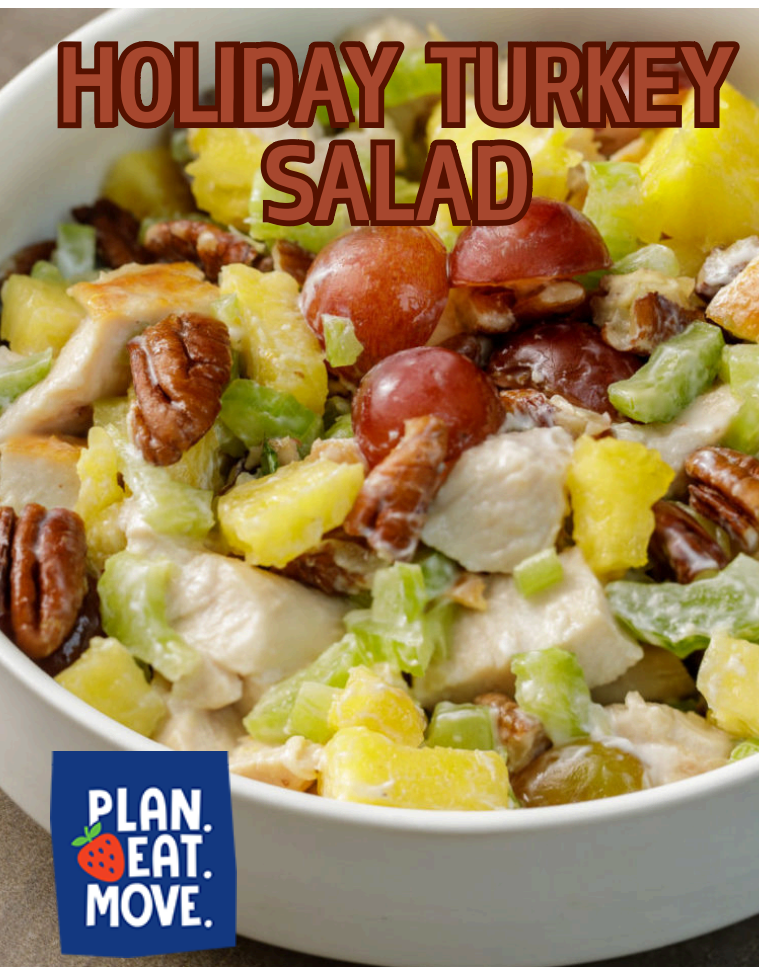
Welcome

Andrea Wilde
Owen County Extension Agent for
Family and Consumer Sciences

Bryce Charles
Owen County
4-H Youth Development Agent

Kendal Bowman
Owen County
Ag & Natural Resources Agent

HOLIDAY TURKEY SALAD



Ingredients:

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- ½ cup pecan halves

Directions:

1. Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
2. In a small bowl, mix together yogurt and honey. Set aside.
3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
4. Refrigerate until well chilled.

390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 1255mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 0g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Katie Shoultz, Extension Specialist, University of Kentucky
Cooperative Extension Service

**PLAN.
EAT.
MOVE.**