

Magoffin County Family & Consumer Sciences

November 2025

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Can you believe it is already November and time to usher in the Holiday season? Time sure flies when you are having fun! This month, we have lots of great programs coming up from Wits Workout, to Holiday Candy Making and Wreath Workshops, there should be something for everyone. We hope that you will take advantage of the opportunity to participate!

If you are a Homemaker and have NOT paid your dues, the deadline to pay is November 28th. We want to encourage you to drop by our office, pay your dues and pick up the new Homemaker t-shirt, pictured below.



Homemaker Dues-\$12.00

Please, pay at our office!

Deadline Nov. 28th!

Visit our website at
<https://magoffin.ca.uky.edu>

Cathy Sparks

**CEA for FCS/4-H
Youth Development
Education**



Quilt Guild Dates

Friendship Quilters, 10 AM

Friday, November 14th

Friday, November 21st

Sew What Quilters, 9 AM

Saturday, November 8th

Call the Extension Office at 349-3216 for more information.
Visit our website at <https://magoffin.ca.uky.edu> to learn more about
Extension programming.

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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



Join us at the Extension Office for
crochet club
**NOVEMBER 5TH
NOVEMBER 19TH
10:00 AM-NOON**

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Lexington, KY 40506



Women in Mission Homemakers TBA

Ivyton Hippie Chx.

Thursday, November 13th, 6:00 PM

*If you have a middle school or high school
student who would like to do a Community
Service Project for the Backpack Program
call our office at 349-3216.*

Cooking Through the Calendar

"Parmaesan Carrot Chips"

Tuesday, November 18th

12:00 Noon

Magoffin County Extension Office
15 Rockhouse Fork Rd., Salyersville

Contact: Cathy Sparks, CEA for FCS and 4HYD
606-349-3216

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Embroidery Club Magoffin County Extension Office

Wednesdays

10 AM-Noon

November 12th

November 26th

Call the Extension
Office at 349-3216 to
learn more about the
program.



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Patchwork Playdates pre-school program Tuesday, November 11th, 10 AM-noon.

The theme is "Transportation."

Holiday Bazaar

&

SOUP BEAN DINNER



FRIDAY, DECEMBER 5, 2025
10:00 AM-7:00 PM

Vendor cost

\$20 per table

***\$10 per table for
homemaker members**

Soup Bean Dinner

Menu: soup beans, **\$8.00**
sauerkraut & wieners,
fried potatoes, cornbread
& brownie



Magoffin County Extension Office
15 Rockhouse Fork Road, Salyersville

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)

Magoffin County
Extension Office
15 Rockhouse Fork Road
Salysersville, KY
41465
(606) 349-1236

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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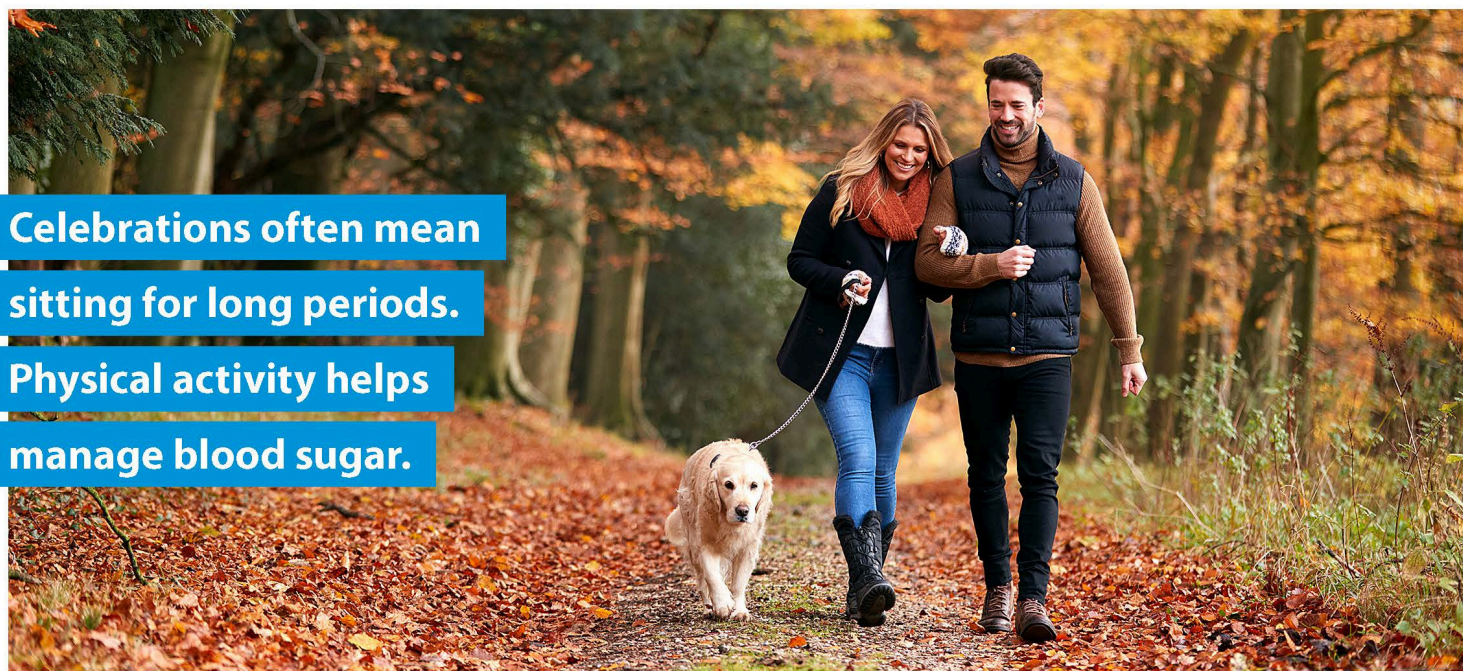
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accommodated
with prior notification.



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



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

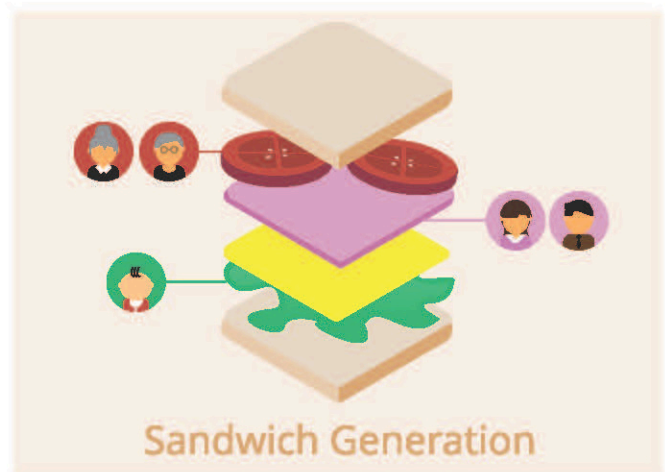
Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents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

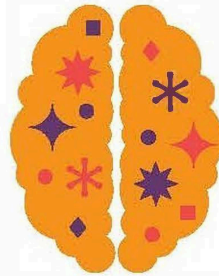
Student contributions by Barbara Breutinger and Peyton Mays, Family Financial Counseling
Written by Kristen Jowers, M.S., and Nichole Huff, Ph.D. | Designed by: Kelli Thompson | Images by: Adobe Stock

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



Martin-Gatton
College of Agriculture,
Food and Environment

Come join us at
Magoffin County Extension Office for



WITS WORKOUT

An engaging, interactive,
and educational
brain health program

Thursday, November 6th

Thursday, November 13th

Thursday, November 20th

Tuesday, December 2nd

***All classes begin at 10 AM.**

Contact: Cathy Sparks @ 606-349-1236 or cathy.sparks@uky.edu
to learn more about the program.

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HOMEMAKER CRAFTING DAY

WEDNESDAY, NOVEMBER 18TH
10:00 AM-4:00 PM

Magoffin County Extension Office

\$10.00 registration fee
to cover the cost of supplies.

Lunch will be served.

Crafts will be gifts that you can take
home for family and friends.

CALL 349-1236
to pre-register

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2025-2026 Enrollment Form

Magoffin County Extension Homemakers
Due by November 28, 2025

UK Cooperative
Extension Service

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: _____ Address: _____

Email Address: _____ Sex: Female Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

How would you prefer to receive your Building Strong Families Newsletter? Circle one.

Facebook Email Hard copy /mail

Ethnic Background: (optional)

White Black Hispanic Asian Other

Age Group: (circle one)

15-19 20-24 25-34 Yearly Renewal New Member

35-44 45-54 55-64

65-74 75+ Number of Years in Club Membership: _____

I, (print full name) _____ hereby grant permission to the University of Kentucky and the Kentucky Extension Homemakers Association, Inc. permission to use photos of any activity that I may participant in for educational, promotional activities, or publications.

Signature: _____ Date: _____

Witness: _____ Date: _____

Homemaker Fee: \$12.00 each

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November 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

5

6

WITS WORKOUT
10:00 AM

7

8

SEW WHAT QUILTERS
9:00 AM

9

10

11

PATCHWORK
PLAYDATES
10:00 AM

12

13

HOLIDAY CANDY
MAKING CLASS
6:00 PM

14

FRIENDSHIP
QUILTERS 10AM

15

16

17

HOLIDAY CANDY
MAKING CLASS
6:00 PM

18

COOKING
THROUGH THE
CALENDAR-NOON

19

HOMEMAKERS'
CHRISTMAS CRAFTS
10AM-4PM

20

WITS WORKOUT
10:00 AM

21

FRIENDSHIP
QUILTERS 10AM

22

23

24

HOLIDAY WREATH
MAKING CLASS
10AM

25

HOLIDAY WREATH
MAKING CLASS
10 AM

26

OFFICE CLOSED FOR THANKSGIVING VACATION

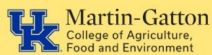
27

28

29

30

Magoffin County Extension Office
P.O. Box 349
Salyersville, KY 41465



Magoffin County 4-H

Grades K-3

COOKING
CLASS
FOR KIDS



Fun and Easy Recipes

- *Wednesday, Oct. 15
- *Wednesday, Oct. 29
- *Wednesday, Nov. 19
- *Wednesday, Dec. 10

3:15-4:30pm

Magoffin County
Extension Office
15 Rockhouse Fork
Salyersville, KY 41465

stefaine.back@kysu.edu
(606) 349-3216

Call to
register or
for more
info!

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Magoffin County 4-H

Grades 4-12

COOKING
CLASS
FOR KIDS



Fun and Easy Recipes

- *Wednesday, Oct. 15
- *Wednesday, Oct. 22
- *Wednesday, Nov. 5
- *Wednesday, Dec. 3
- *Wednesday, Dec. 17

3:15-4:30pm

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