



FLEMING COUNTY FAMILY & CONSUMER SCIENCES NEWSLETTER NOVEMBER 2025

A MESSAGE FROM YOUR FCS AGENT:

November is shaping up to be a wonderful month here in Fleming County! I'm excited to continue monthly programs like Cooking Through the Calendar, Laugh and Learn, and Wits Workout at the Senior Citizens Center. I'm especially looking forward to our Dining with Diabetes class on November 6th.

I also had the opportunity to attend the National Family and Consumer Sciences Meeting, where I learned more about FCS and gathered fresh ideas to bring back and share with our community. Take a look inside this newsletter to see what else is happening this month. ANR and FCS are already preparing for the annual Christmas Wreath Workshop, and both sessions are currently full with a waiting list.

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 Cooperative
Extension Service

Fleming County Office

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Katie Fryman

*IN ALL
Things
GIVE
Thanks*

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

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PARENT

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)

Fleming County
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1384 Elizaville Road
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THIS MONTH'S TOPIC

WHAT PARENTS CAN DO TO HELP BUILD RESILIENCE



Resilience is the ability to bounce back when things are hard—when kids face difficulties, disappointments, or stress. It is not something children are born with, but instead it is built over time. Parents and caregivers play a big role in helping kids develop resilience. Love, support, and good habits help children learn to cope better with troubles and grow stronger.

One key thing parents can do is give children caring relationships. This means spending quality time, showing warm support, and being there to listen and offer comfort. When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

Resilience helps to build problem-solving and coping skills. Parents can help by teaching children

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When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

→ Continued from the previous page

how to break down problems into smaller steps, come up with possible solutions, and try them out. Role-playing in different situations can give kids practice. Also, helping children manage stress through simple things, like breathing exercises, talking about feelings, spending time in nature, or doing something creative, can make a big difference.

Another part of resilience is self-efficacy or believing in their own abilities. This grows when kids succeed in small tasks. Parents should praise effort, celebrate small wins, and let children try new things even if they might fail. Allowing them to make safe mistakes helps them learn and fosters confidence.

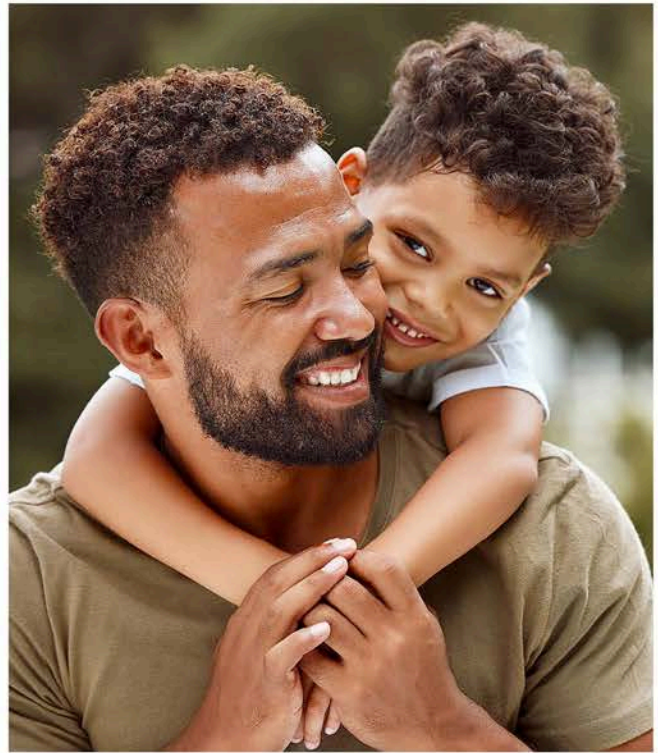
Structure is important too. Kids need consistent guidance, routines, and clear expectations. When a household has reliable schedules (for meals, schoolwork, bedtime) and fair rules, children feel safer. They have a stable base from which to take risks and try new things. Parents knowing where their children are, what they are doing, and giving support also helps build resilience.

Talking about past challenges is helpful. When parents share experiences they've had—how they managed a tough situation, what they felt, and how they moved forward—it teaches kids that challenges are normal and manageable. It gives children a sense that they are not alone.

Finally, strong connections with family, friends, school, and the community give children a sense of belonging. Having adults they can trust and people to turn to helps children feel supported. These social relationships serve as “buffers” when times are tough.

What parents can try this week

- Ask your child what problem they are worried about and work together to make a small plan.
- Try a short family routine (for example, after dinner) where everyone shares one good thing and one hard thing from the day.
- Give praise for effort not just success. (“You really kept trying.”)



- Teach a calming strategy such as taking deep breaths, counting to 10, or walking away for a moment when upset.
- Connect with people in your community—maybe a neighbor, teacher, mentor—and help your child see they have support beyond just home.

By doing these things, you help your child not only survive challenges but also learn and grow stronger from them. Resilience isn't built in one day—it happens over time through many small steps.

REFERENCES:

- <https://www.stopbullying.gov/prevention/help-children-build-resilience>
- <https://developingchild.harvard.edu/resource-guides/guide-resilience>

Written by: Katherine Jury,
Extension Specialist for Family Health

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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

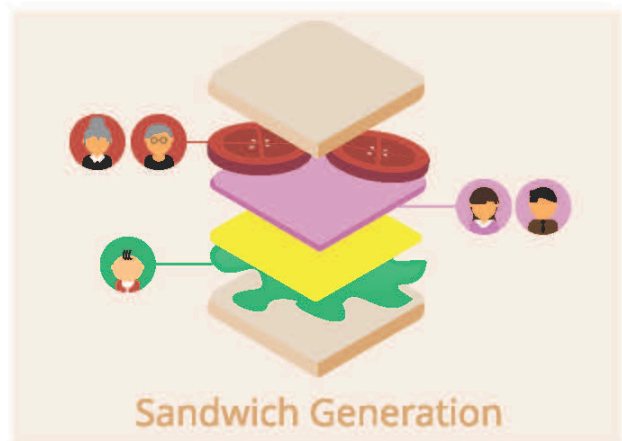
Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents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

Cooking Through the Calendar

**JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS
ON BALANCED MEALS, SMART GROCERY SHOPPING, AND FOOD
SAFETY!**



OCTOBER 14TH 2025



HILLSBORO CHRISTIAN CHURCH



11:00AM-12:00PM



**FINAL COOKING THROUGH
THE CALENDAR CLASS
OF 2025!**

NOVEMBER RECIPE: PARMESAN CARROT CHIPS

DECEMBER RECIPE: LASAGNA SOUP



606-845-4641 or katie.fryman@uky.edu

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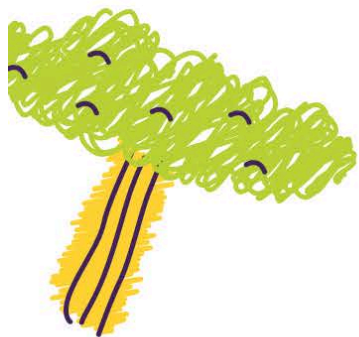
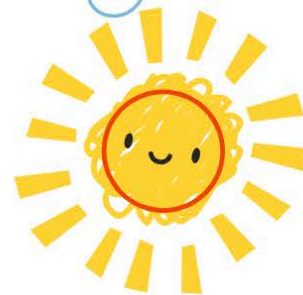
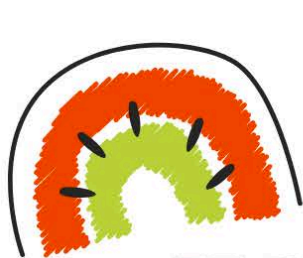
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Laugh & Learn

upcoming 2025 Fall dates:

November 5th - "Thankfulness"

December 3rd - "Gingerbread"

10:00am-11:00am

Fleming County Extension Office

Kids 1-5 with a supervising adult

If school is canceled due to weather, our playdate will also be canceled

REGISTRATION

 606-845-4641

 katie.fryman@uky.edu



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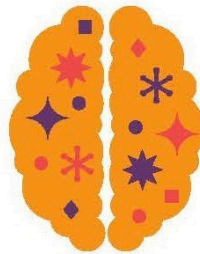
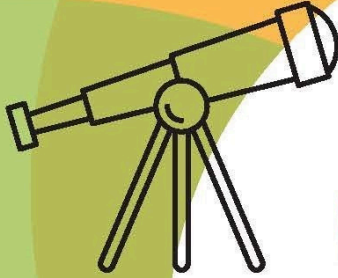
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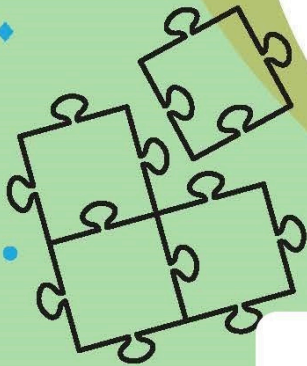
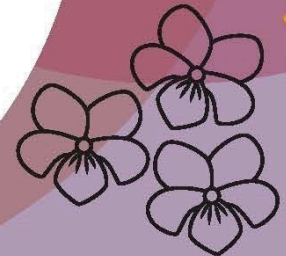


Martin-Gatton
College of Agriculture,
Food and Environment



WITS WORKOUT

An engaging, interactive,
and educational
brain health program



DATE: NOVEMBER 17TH

TIME: 11:00 AM

**LOCATION: FLEMING SENIOR CITIZENS
CENTER**

**ALONG WITH FOCUSING ON A BALANCED DIET AND REGULAR
PHYSICAL ACTIVITY, KEEPING OUR MINDS ACTIVE IS A
POWERFUL WAY TO SUPPORT OUR OVERALL HEALTH.**



**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

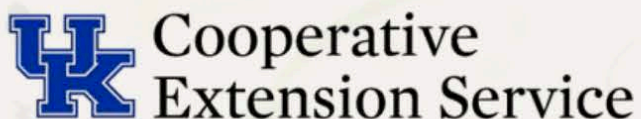
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NOVEMBER 6TH, 2025

6:00PM-7:00PM

**FLEMING COUNTY
EXTENSION OFFICE**

**1384 ELIZAVILLE ROAD,
FLEMINGSBURG, KY 41041**

NATIONAL EXTENSION WORKING GROUP

Join us for an evening of food and education at the Dining with Diabetes program!

Participants will enjoy a diabetes friendly holiday meal prepared by the Fleming County Panther Bistro, hear from guest speaker Shelly Truesdell, APRN, ADM (Family Health Nurse Practitioner & Advanced Diabetes Management - Primary Plus), who will provide a 25-minute presentation on diabetes education, and take part in a Q&A session.

We are also excited to partner with Walmart Eye Care to provide complimentary vision screenings. Learn how diabetes can affect eye health, get your vision checked, and take home tips for protecting your eyesight year-round.

This program is FREE, but space is limited—register today!



- ✦ **FREE HEALTHY HOLIDAY MEAL** ✦ **FREE VISION SCREENINGS**
- ✦ **FREE DIABETES EDUCATION** ✦ **GIVEAWAYS!**

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HOSTED BY: UK EXTENSION OFFICES OF
FLEMING & MASON COUNTIES



TASTE KY WILD



NOVEMBER 14, 2025



MASON CO. EXTENSION OFFICE



11:00AM-1:00PM

**REGISTRATION
DEADLINE: NOV. 7**

SAMPLE WILDLIFE RECIPES

HUNTING & FISHING LICENSE INFO

WILDLIFE ID

SEASONS

WILDLIFE TRACKS & SCAT

GENERAL HARVEST RULES



TO REGISTER: USE THE QR CODE OR CALL (606) 845-4641

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You're Invited

FLEMING COUNTY COOPERATIVE EXTENSION SERVICE

CHRISTMAS OPEN HOUSE

Come & Go Style Event

TUESDAY, DECEMBER 9

8:30 AM- 12:00 PM

AT FLEMING COUNTY EXTENSION OFFICE

1384 ELIZAVILLE RD, FLEMINGSBURG

PASTRIES · REFRESHMENTS · GIVEAWAYS · DOOR PRIZES



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Fleming County
PO Box 192
Flemingsburg KY 41041-0192

Official Business
Address Serviced Requested

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Twice-Baked Acorn Squash

- **2 medium** acorn squash
(1 - 1 1/2 pounds)
- Nonstick cooking spray
- **2 cups** fresh spinach,
chopped
- **4 strips** turkey bacon,
cooked and crumbled
- **1/2 cup** grated parmesan
cheese
- **1 thinly sliced** green onion
- **1 tablespoon** olive oil
- **2 teaspoons** garlic powder
- **1/2 teaspoon** salt
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** nutmeg

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into shells**. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.

