

FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER
NOVEMBER & DECEMBER EDITION

 Cooperative
Extension Service



Lawrence County
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November & DECEMBER

As we enter an exciting holiday season filled with new opportunities and community programs, we're delighted to share some wonderful news! We're thrilled to announce the addition of Deana West to our Lawrence County Extension team as the new Family & Consumer Sciences (FCS) Agent. Deana brings a wealth of experience, energy, and enthusiasm for helping individuals and families thrive. Please join us in welcoming Deana to our Extension family! We look forward to the positive impact she will bring to our community through her work with FCS programming!

Warm regards,

Maelyn Dotson, Lane Hall, & Deana West

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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






Disabilities
accommodated
with prior notification.

EXTENSION EVENT CALENDAR

note: look for event flyers for location/registration details







november 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 HIKING CLUB (SEE FLYER FOR DETAILS & LOCATION)	7 BEEKEEPERS 6:00	8	9 QuiltGuild Craft Bazaar & Quilt Show 9:00-5:00
10 DIABETES SUPPORT GROUP 5:00PM	11	12 JR. HOMEMAKER CLUB 6:00PM MASTER GARDENERS 6:00PM	13 SUNSHINE HOMEMAKERS 10:00 HOMEMAKER COUNCIL MEETING 3:30	14 CLOVERBUD CLUB 5:30 FALLSBURG HOMEMAKERS 11:00AM	15	16 HIKING CLUB (SEE FLYER FOR DETAILS & LOCATION)
17 Dennis-Green Valley Homemaker Meeting 5:30PM	18	19	20	21 HORSE/LIVESTOCK CLUB 6:00	22	23
24	25 Agriculture Advancement Council Meeting 6:00PM	26	27	28   HIKING CLUB (SEE FLYER FOR DETAILS & LOCATION)	29 	30

EXTENSION EVENT CALENDAR

note: look for event flyers for location/registration details

december 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 HOLIDAY WREATH MAKING	3 HOLIDAY WREATH MAKING	4 FREE YOGA CLASS 5:30PM	5 BEEKEEPERS 6:00	6	7
8	9 DIABETES SUPPORT GROUP 5:00PM	10 MASTER GARDENERS 6:00PM	11 SUNSHINE HOMEMAKERS 10:00	12 FALLSBURG HOMEMAKERS 11:00AM	13	14
15 Dennis-Green Valley Homemaker Meeting 5:30PM	16	17	18 SANTA MEET & GREET 6:00-8:00	19	20	21
22	23	24	25 	26 	27 	28
29	30 	31 				





Meet & Greet **SANTA CLAUS**

TREATS | CRAFTS | PHOTO WITH SANTA | LETTER TO SANTA

Bring the whole family for a special Meet and Greet event at Santa's Workshop, where kids can share their wishes, snap festive photos, and experience the joy of the season



Wednesday
December 18, 2024
6:00-8:00p.m.



LC Extension Office
249 Industrial Park Rd



For More Information
606-673-9495



Holiday Wreath Making

December 2-3, 2024

10:00a.m. - 6:00p.m.

(While supplies lasts).

Lawrence County Extension Office

249 Industrial Park Rd

606-673-9495

*Drop in: up to groups of 4 only

*Call ahead for groups larger than 4

*\$25 OR \$20 with 4 canned foods donated for the
local food pantry.



Online accessibility
www.uk.edu/extension

4-H YOUTH DEVELOPMENT



Lawrence County
4-H
CLOVERBUDS
A place for those "Not quite 4H'ers"
ages 5-8!
Fun, Music, learning and all the
things Cloverbuds Love!

October 10th
November 14th
January 9th
February 13th
March 13th
April 10th

Contact Maelyn Dotson: 606-673-9495
maelyn.dotson@uky.edu
249 Industrial Park Rd, Louisa, KY
41230

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Cooperative Extension Service

Lawrence County JUNIOR HOMEMAKERS

LIFESKILLS, COOKING, SEWING, & MORE!
GRADES 4-8 ~ 6:00PM


October 8th
November 12th
January 14th
February 11th
March 11th
April 8th



Lawrence County 4-H
Livestock & Horse Club

HORSE & LIVESTOCK CLUBS WILL MEET AT
6:00PM @ LAWRENCE COUNTY EXTENSION OFFICE

MEETING DATES:
OCTOBER 17TH
NOVEMBER 21ST
JANUARY 16TH
FEBRUARY 20TH
MARCH 20TH
APRIL 17TH



ANY QUESTIONS, CONTACT MAELYN DOTSON
606-673-9495 MAELYN.DOTSON@UKY.EDU



I pledge
my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country and my world.

ADULT HEALTH BULLETIN



NOVEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Lawrence County
Extension Office
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THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

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Disabilities accommodated with prior notification.



There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

➔ Continued from the previous page

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
HEALTH BULLETIN**

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