



Cooperative  
Extension Service

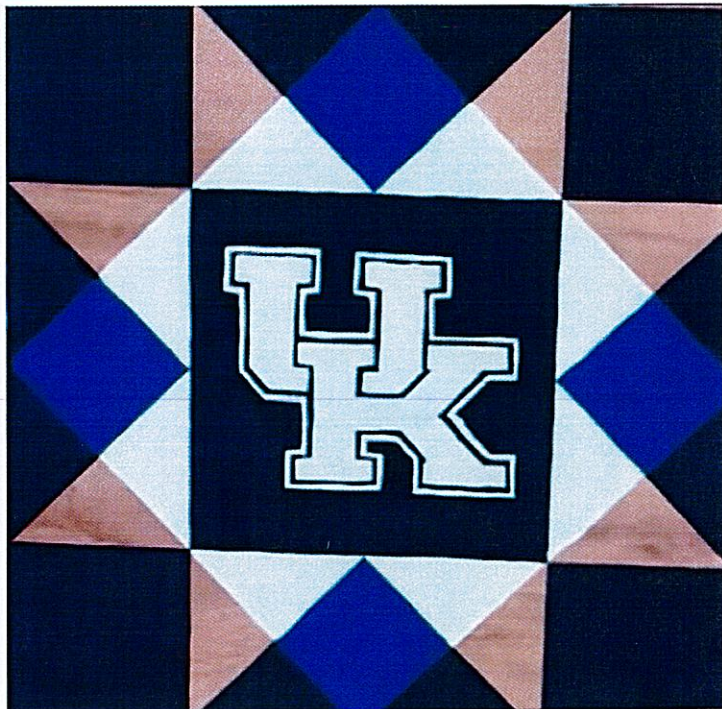
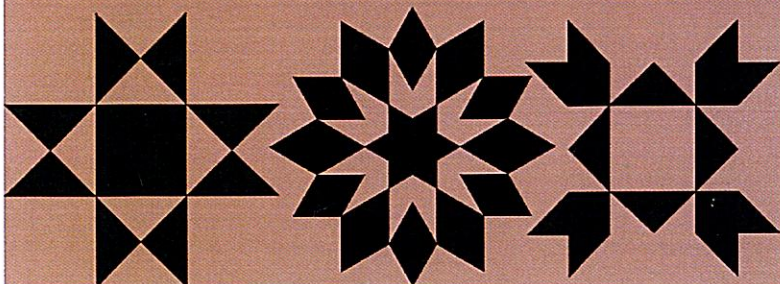
## Family & Consumer Sciences

Please call us at (606) 546-3447 to sign up for our programs.

If Knox County Public Schools are closed due to weather, all extension programs will be canceled.

Unleash your creativity and  
come paint your own  
wooden barn quilt with us!

December 8<sup>th</sup> @ 10: 00 am



*Kelsey Deuell*  
Agent for Family and Consumer Sciences

Cooperative  
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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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# NOVEMBER 2025

| SUNDAY | MONDAY   | TUESDAY                   | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY |
|--------|--|---------------------------|-----------|---|--------|----------|
|        | Exercise club meets every Monday and Friday at 9:00 a.m. |                           |           |   |        | 1        |
| 2      | 3 Make it Monday @ 10:00 am                              | 4                         | 5         | 6   | 7      | 8        |
| 9      | 10 Holiday Ideas @ 10:00 am                              | 11 Quilt Guild @ 10:00 am | 12        | 13 Homemakers @ 12:00 am<br><small>(Rescheduled due to conflicting schedules)</small> | 14     | 15       |
| 16     | 17 Apple butter @ 10:00 am                               | 18                        | 19        | 20  | 21     | 22       |
| 23     | 24 Knox Threads @ 10:00 am<br>Wits @ 10:00               | 25                        | 26        | 27  | 28     | 29       |
| 30     |  |                           |           |   |        |          |

\*\*Reminder: If Knox County Public Schools are canceled due to weather, all extension programs are canceled.



# DECEMBER 2025

| SUNDAY        | MONDAY   | TUESDAY                             | WEDNESDAY            | THURSDAY   | FRIDAY   | SATURDAY      |
|---------------|--|-------------------------------------|----------------------|--|--|---------------|
|               | <sup>1</sup> Cooking through the Calendar @ 10:00 am | <sup>2</sup>                        | <sup>3</sup>         | <sup>4</sup> Felting with Lynn Camp FCS @ 10:00 am | <sup>5</sup>   | <sup>6</sup>  |
| <sup>7</sup>  | <sup>8</sup> Barn quilt class @ 10:00 am             | <sup>9</sup> Quilt Guild @ 10:00 am | <sup>10</sup>        | <sup>11</sup> Hiking for Health @ 9:00             | <sup>12</sup>  | <sup>13</sup> |
| <sup>14</sup> | <sup>15</sup> Wits @ 10:00 Knox Threads @ 10:00      | <sup>16</sup>                       | <sup>17</sup>        | <sup>18</sup> Homemakers @ 12:00 pm                | <sup>19</sup>  | <sup>20</sup> |
| <sup>21</sup> | <sup>22</sup>  | <sup>23</sup>                       | <sup>24</sup>        | <sup>25</sup>                                      | <sup>26</sup>  | <sup>27</sup> |
| <sup>28</sup> | <sup>29</sup> CLOSED                                 | <sup>30</sup> CLOSED                | <sup>31</sup> CLOSED |  | Exercise club meets every Monday and Friday at 9:00 a.m. |               |

\*\*Reminder: If Knox County Public Schools are canceled due to weather, all extension programs are canceled.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC:

### FINANCIAL CONSIDERATIONS FOR THE SANDWICH GENERATION

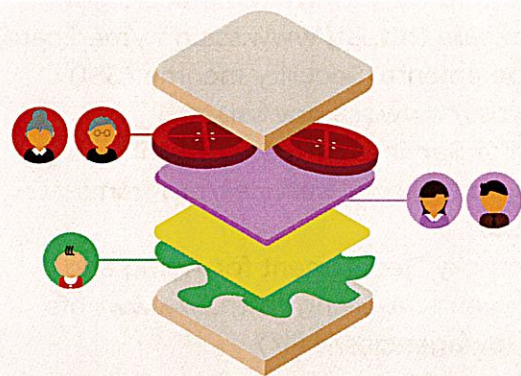
Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents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



Sandwich Generation

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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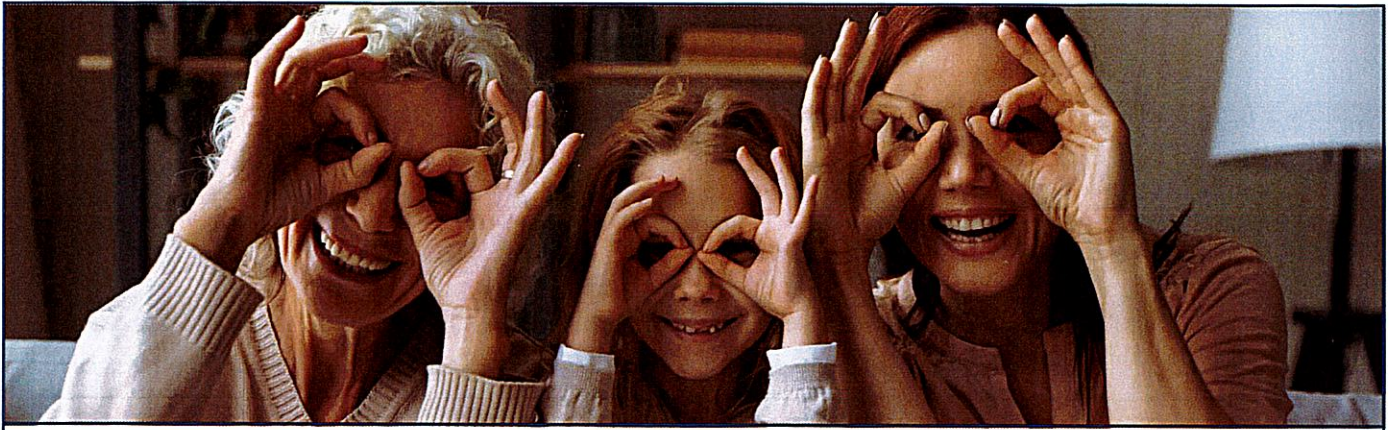
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options, and caregiver support groups.

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.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

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# ADULT HEALTH BULLETIN

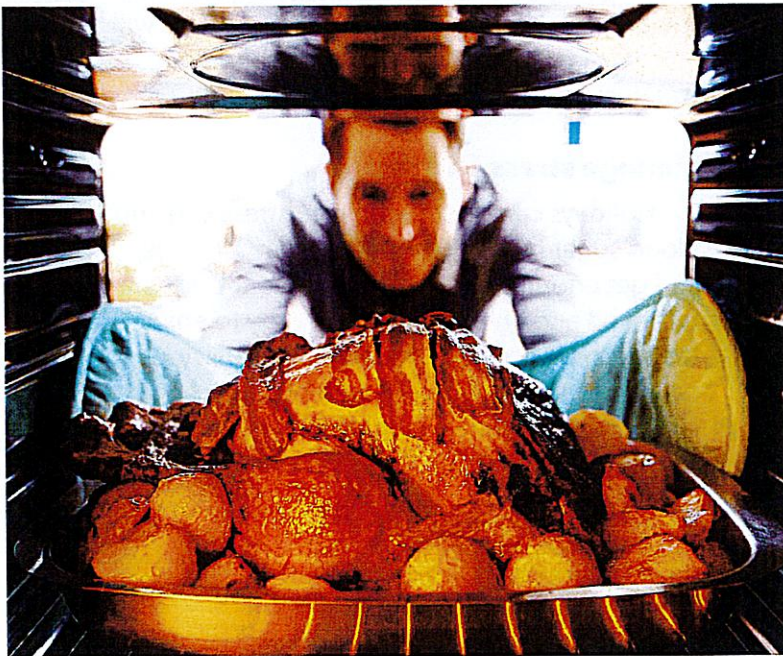


**NOVEMBER 2025**

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)

## THIS MONTH'S TOPIC

# MANAGING DIABETES DURING THE HOLIDAYS



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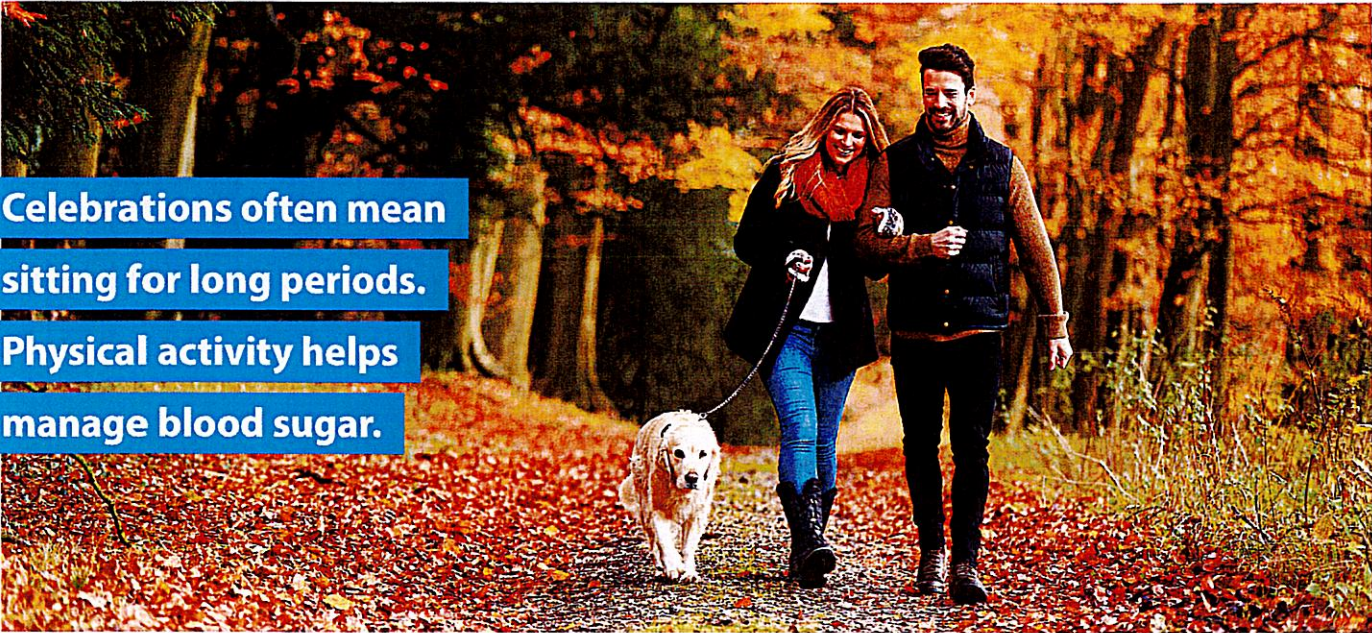
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**Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar.**

→ **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>

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**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock







Recipes from the 2025 Food and Nutrition

# Recipe Calendar

**UK** Cooperative  
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## Lasagna Soup



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Prep time: 15-20 minutes**

**Cook time: 30 minutes**

- 1 pound lean ground beef
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 jar (24 ounces) marinara sauce
- 1 box (32 ounces) low-sodium chicken, vegetable, or beef broth
- 12 ounces water (fill half of the marinara jar)
- 6 sheets lasagna noodles, broken into bite-size pieces (NOT oven-ready noodles)
- 1 container (10 ounces) frozen, chopped spinach

*Optional toppings: a scoop of ricotta or cottage cheese, a sprinkle of parmesan or mozzarella cheese*

1. Wash hands with soap and warm water, scrubbing for at least 20 seconds.
2. Heat a large pot over medium-high heat. Add beef to pot and break into fine crumbles. Season with salt and pepper. Cook beef

until it's no longer pink and it reaches 160 degrees F using a food thermometer. Drain any fat.

3. Add marinara sauce, broth, and water to the pot with beef. Increase heat to high, place lid on the pot and bring to a boil, about 6 minutes.
4. Once boiling, add lasagna noodles and lower heat to medium-high. Stir occasionally so noodles do not stick to the bottom of the pot. Cook uncovered for about 6 minutes, or until noodles are close to being done.
5. Add frozen spinach. Cook until noodles have a bit of firmness left and until spinach is heated through, about 2 to 3 minutes.
6. Ladle into bowls and add desired toppings.
7. Refrigerate leftovers within 2 hours.

*Note: Any short-shaped pasta will work for this soup.*

Makes 7 servings  
Serving Size: 1 1/2 cups  
Cost per recipe: \$12.71  
Cost per serving: \$1.82

### Nutrition facts per serving:

310 calories; 8g total fat; 3g saturated fat; 0g trans fat; 60mg cholesterol; 590mg sodium; 29g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 20% Daily Value of iron; 25% Daily Value of potassium

### Source:

Jeannie Noble, RD,  
Extension Specialist for  
Nutrition, University of  
Kentucky Cooperative  
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