

Whitley County Family & Consumer Sciences Community Newsletter



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You Are Not Alone: Coping With Grief Triggers During the Holidays

Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

- **Prepare and plan.** Turn dates into celebrations or a time for healing. Surround yourself with distractions in anticipation of a difficult anniversary.
- **Permit yourself to feel the emotions.** It is OK to allow yourself to laugh and cry.
- **Reflect on your memories.** Tell stories, write or find ways to communicate that are most comfortable to you.
- **Create a tradition.** Use the date for a special remembrance or celebration.
- **Reach out for support.** Don't go through grief alone. Reach out to friends, family, professionals and/or support groups.
- **Volunteer your time to a cause.** Connect to a specific cause or organization meaningful to you and/or your loved one.

Remember that grief is not a sign of a weakness or a setback. Rather, it is a reflection of what's important to you—we all grieve, and you are not alone.

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Upcoming FCS Events



Unless specified, all classes held at
Whitley County Extension Office,
4275 N. Hwy 25W, Williamsburg, KY

Registration required for all classes

Call 606-549-1430



Holiday Ideas October 16 | 5 PM | Free

Let's welcome in the Holiday Season with ideas for crafts, snacks, decor, and more! Our goal is to enrich this special time of year in ways that are cost and time efficient. We will have light refreshments, review the Holiday Ideas lesson and crafts. New to the program this year, we will be getting our laugh on as we try out holiday games and activities! Everyone, not only Homemaker club members and lesson leaders, are welcome to attend so this is a wonderful event to invite a friend and introduce them to Homemakers. Please remember that although the event is free, registration is required.

Pan de Muerto Bread Workshop October 17 | 6-8 PM | \$5.00

Pan de Muerto, or Day of the Dead Bread, is a sweet enriched dough, flavored with fragrant anise, orange zest, and is decorated with bone shaped pieces of dough that are dusted with sugar. Students should bring with them a flat baking pan or sheet pan to take their bread home to bake. Students should also bring a mixing bowl and a sturdy mixing implement like a dough whisk or wooden spoon. *It is also recommended that students bring a sifter and hand mixer, if they have them.* This class is intended for adults 18+ only and space is limited.



Chair Yoga October 21, November 4, December 2 & 16 | 11 AM | Free

Chair yoga is a low-impact form of yoga that uses a chair for balance and support during poses. It's based on traditional yoga poses, but is modified so they can be done while seated. This is a fun way to help develop strength, flexibility, balance, and a sense of calm. Yoga can also help to manage stress and anxiety, sharpen focus and concentration. Instructed by Trisha Thomas of the Whitley County Health Department. Join us on each 1st and 3rd Tuesday. This class is perfect for seniors but all ages 18+ are welcome to attend.

Acrylic Painting Class - Highland Cow October 21 | 1-4 PM | \$15.00

Join us for a fun afternoon as we paint this beautiful Highland Cow. Stretch your creativity, enjoy a little social interaction, and practice relaxation while our instructor, Kathy Lay, walks us through basic drawing and acrylic painting techniques. The class fee of \$15 includes all project supplies needed for this hands-on class. Wearing painting clothes or an art apron is recommended. Registration is required. Ages 18+.





Laugh & Learn Playdate **October 23, November 20 | 10:30 AM | Free**

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. For pre school children ages 3-5.

Breadstick Workshop **November 7 | 6-8 PM | \$5.00**

Soft, chewy buttery breadsticks that might remind you of a certain restaurant. Delicious any day but a fun option for those special holiday meals. Students will need to bring a mixing bowl, dough whisk or other sturdy mixing implement, and a sheet pan or baking dish to transport their bread home to bake. Ages 18+.



Cooking Through The Calendar **November 13, December 11 | 11 AM | Free**

Join us as we explore the recipes in the University of Kentucky NEP 2025 Calendar in this fun class. Recipes are demonstrated and then sampled. Expect class to last about an hour. November's recipe - Parmesan Carrot Chips!

Wits Workout **November 13, December 11 | 12:15 PM | Free**

Maintaining a healthy brain throughout life is important for its long-term function. Join our Wits Workout class as we challenge our brains while having fun and engaging with others both intellectually and socially. Make it a party by also attending our monthly cooking demonstration class at 11 AM.



Vintage Holiday Tree Project **November 17 | M | Free**

Create a charming, vintage style Holiday tree that brings timeless holiday warmth to your home! In this hands-on sewing class, participants will learn to craft a freestanding fabric tree using basic sewing techniques. The project combines machine stitching and light hand-sewing to assemble multiple panels into a three-dimensional tree form – perfect for tabletop décor or as a thoughtful handmade gift. Students will learn to cut and assemble fabric panels for a 3D design, to sew curved and straight seams, and how to stuff and shape their tree for stability and fullness. Beginner to intermediate. Basic sewing machine knowledge is helpful. All project supplies are included in the class fee.

Supplies List:

Sewing Machine in good working order (studio machines are available by request), Basic Sewing Supplies including neutral thread and bobbin, and sewing scissors.

Find Your Fitness November 18, December 9 | 11 AM | Free



Discover the joy of movement in Find Your Fitness! Each month we will explore a different type of gentle fitness. No experience is needed—just come as you are and take the first step toward a healthier, more active you!



Couronne Bread Workshop December 18 | 6-8 PM | \$5.00

December Couronne: This traditional French Christmas loaf is an enriched sweet bread traditionally stuffed with dried fruit and nuts. Students will need to bring a mixing bowl, dough whisk or other sturdy mixing implement, rolling pin and a sheet pan or baking dish to transport their bread home to bake.

Additional Upcoming Events

County Extension Council Meeting - October 28th at 6 PM

Holiday Cooking School at London Community Center - November 6th

Veterans Dinner - November 11th, 5:30 PM

Offices Closed - November 27 & 28th

Offices Closed - December 24 - January 4th



Ingredients:

- Nonstick cooking spray
- 2 cups dry penne pasta (or any short pasta such as bowtie)
- 1 1/2 tablespoons unsalted butter, divided
- 1 small, sweet onion, diced
- 1 can (15 ounces) pumpkin puree (not pumpkin pie filling)
- 1 cup low-fat milk
- 1 cup sharp cheddar cheese, shredded
- 1/2 cup grated parmesan cheese, divided
- 1 teaspoon dried thyme
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon nutmeg (optional)

Linda P. Burgard

Linda Burgard
Whitley County Extension Agent
for Family and Consumer Sciences



www.whitley.ca.uky.edu

Cheesy Pumpkin Pasta Bake

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Spray a 2-quart baking dish with nonstick cooking spray and set aside.
4. Cook pasta according to package instructions. Drain and set aside.
5. While pasta cooks, in a large skillet over medium heat, melt half of the butter. Add the onion and cook until tender, about 3 to 5 minutes.
6. Reduce heat to low and add the pumpkin puree, milk, cheddar cheese, 1/4 cup parmesan cheese, thyme, salt, pepper, and nutmeg (if using) to the skillet. Stir to combine until cheese is melted and the sauce is smooth.
7. Add the pasta to the sauce and gently combine. Pour into the prepared baking dish.
8. Melt the remaining butter in a small bowl and add panko breadcrumbs. Stir to combine and sprinkle evenly over the pasta.
9. Bake uncovered for 20 to 25 minutes or until heated through.
10. Sprinkle with the remaining 1/4 cup parmesan before serving. Refrigerate leftovers within two hours.



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Freeze Dried Candy FUNDRAISER

Every bite supports a great cause, providing scholarships to local high school students for post secondary education.

Whitley County Extension Homemakers
606-549-1430

\$5.⁰⁰ *large*

\$3.⁰⁰ *small*

Honey Nut Melts



Cosmic Mallo Puffs



**Chocolate
Caramel Blast**



Cosmic Clusters



Color Blasts



**Sour Color
Blasts**



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2025

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THIS MONTH'S TOPIC: USING TECHNOLOGY TO MANAGE YOUR MONEY

Financial technology, or “FinTech,” is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify money management.

WHY USE FINANCIAL TECHNOLOGY

Technology and money can both feel overwhelming, but many FinTech tools are made for everyday users. These tools can complement your existing money management system. In some cases, they can replace manual tasks by offering features like automation, visual trackers, and reminders. FinTech may help you save time by streamlining common money tasks such as budgeting, tracking spending, investments, and even paying off debt.

MOBILE BANKING

You may be using FinTech already, without knowing it. Mobile banking, for example, is a website or smartphone application that shows details about your checking and savings account balances and can be useful for providing on-the-go access to your



money. Some mobile banking apps will allow bill payments, money transfers, mobile check deposits, and include information about bank locations and other products or services your bank offers.

PAYMENT APPS

Another popular FinTech tool is peer-to-peer (P2P) payment apps such as Venmo, PayPal, and CashApp. About 76% of Americans use them to send money or buy things. These apps make transfers easy but do not replace a regular bank or savings account. It's a good idea to move money from these accounts into an FDIC-insured bank or federally insured credit union.

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CREDIT MONITORING

Credit monitoring is a type of FinTech tool that helps you track your financial health over time. It can provide insights into your accounts, payment history, and any issues like liens or delinquencies. Credit scores range from 300 to 850 and are usually offered in reports from the three big credit bureaus or through online monitoring systems. Free credit reports are available weekly. Check yours easily at <https://www.annualcreditreport.com>.

FREE EXTENSION TOOL

While some financial apps focus on spending or saving, others can help with debt repayment. The Utah State University Extension's virtual tool, PowerPay (<https://extension.usu.edu/powerpay/>), is a free debt elimination simulator. You can use the web-based tool to log your debts and see how different payment strategies affect timelines and savings. The tool can also factor in changes in income, like getting a bonus or tax return, to see how that would affect the overall repayment timeline.

HABIT BUILDING

FinTech tools can fit into your current money management system or help you start new habits. Take time to add digital tools into your routine. Some apps may require regular engagement to keep things up to date. Like other technology we rely on every day, FinTech offers convenience and can help you make informed money decisions. To get started, choose tools wisely by knowing what you need, testing them out, and being aware of any costs.

REFERENCES

<https://www.pewresearch.org/short-reads/2022/09/08/payment-apps-like-venmo-and-cash-app-bring-convenience-and-security-concerns-to-some-users/>

<https://connect.extension.org/blog/dangers-of-leaving-money-in-payment-apps?sort=popular>

<https://finred.usalearning.gov/Blog/FinancialPlanningFinTech>

Military Family Spotlight

Military families can use FinTech tools to stay connected to their finances while navigating military life. The SEN\$E mobile app was designed uniquely to support military transitions, like frequent moves, deployments, and spouse employment transitions. The app includes a short quiz to assess current financial well-being and learning modules on topics like saving, retirement, and deployment pay. By offering financial education resources and calculators through the SEN\$E mobile app, military families – who are often on the move – can access reliable tools and information anytime, anywhere. Visit [https://finred.usalearning.gov/ToolsAndAddRes/Sen\\$e](https://finred.usalearning.gov/ToolsAndAddRes/Sen$e) to learn more.

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Autumn Sweet Potato Chili



Ingredients:

- 1 (15 ounce) can sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 (16 ounce) jar salsa
- 2 (15 ounce) cans black beans (do not drain)
- Water to achieve desired consistency
- ½ cup reduced-fat sour cream
- Shredded sharp cheddar cheese
- Dried or fresh chopped cilantro

Directions:

1. Combine sweet potatoes, chili powder and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through. 5. Serve with sour cream, cheese and cilantro on the side.