

FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER
NOVEMBER EDITION

 Cooperative
Extension Service



Lawrence County
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November 2025

As the leaves change and the season of gratitude begins, our Extension programs continue to grow strong through the support of our volunteers, families, and community partners. November is a time to reflect on the successes of the year and prepare for new opportunities ahead.

Our 4-H clubs and programs are in full swing! From Cloverbuds learning through hands-on activities to older youth exploring leadership and agriculture projects, it's been an exciting start to the new program year. Now is the perfect time to get involved and experience all that 4-H has to offer.

We're thankful for the incredible community support shown throughout our fall events, including the Harvest Moon Gala and Farm & Home Field Day. These events not only celebrate local agriculture but also help fund educational programming for Lawrence County youth.

From all of us at the Lawrence County Extension Office - thank you for helping us make a difference in our community every day.

Warm regards,

Maelyn Dotson, Lane Hall, & Deana West

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Facebook:

@LawrenceCounty4-H

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Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.



EXTENSION EVENT CALENDAR

november 2025

MON	TUE	WED	THU	FRI	SAT	SUN
					Quilt Guild 12:00pm	12
Quilt Guild 12:00pm	Master Gardener Certification Class 10 6:00pm	Homemakers Council Mtg All homemakers welcome! 3:15 pm	LC Beekeepers 6:00pm Alpha-Gal Syndrome class 5:30pm	Quilted Treasures Christmas Bazaar 8:00am	Quilted Treasures Christmas Bazaar 8:00am	9
Diabetes Support Group 5:00pm	LCDB 4:30pm Master Gardener Certification Class 11 6:00pm Master Gardener 6:00pm	Sunshine Homemakers 10:00am Cooking through the Calendar 12:00pm	Fallsburg Homemakers 11:00am 4-H Cloverbud Club 5:30	14	15	16
Dennis-Green Valley 5:30pm	18	19	4-H Horse & Livestock Club 6:00pm	21	22	23
24	25	26	Happy Thanksgiving SODDY WERE CLOSED	28	29	30

NOVEMBER IS
NATIONAL
ADOPTION
MONTH

YUMMY

JOIN us for...

Cooking through the Calendar 2025!

You're invited to the Lawrence County Extension Office the second Wednesday of each month @ noon.

Enjoy our free cooking demonstrations and sampling. Try tasty nutritious recipes while discovering ways to eat healthier for you and your family.

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

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PLAN. EAT. MOVE.

SNAP

Cooperative Extension Service | **Lawrence County Family and Consumer Science**

Diabetes Support Group

Lawrence County Extension Office
249 Industrial Park Rd, Louisa KY 412310

Every 2nd Monday of the month---5:00pm

We're Back!
Excited to kick-off this new year of support!

- Relaxed, fun group setting
- Diabetic approved recipes
- Nutritional Information
- All ages
- FREE

FAMILY & CONSUMER SCIENCES

Lawrence County Health Department

Call 606-673-9495 or 606-638-9414 for more information

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
Educational programs of the college for persons of various ages, all people regardless of economic or social status, to benefit from the latest in research, extension, and information. The college is committed to providing a high quality educational experience for its students and to providing a high quality educational experience for its faculty and staff. The college is committed to providing a high quality educational experience for its students and to providing a high quality educational experience for its faculty and staff. The college is committed to providing a high quality educational experience for its students and to providing a high quality educational experience for its faculty and staff.



JOIN US TO LEARN
MORE ABOUT

ALPHA-GAL SYNDROME

Thursday, Nov 6, 2025
5:30-6:30 pm

Free Program

Let's come together to learn more
about AGS and make a meaningful
impact on the lives of those it
affects.

**EVERYONE
WELCOME!**

TOPICS COVERED

- ✓ AGS Basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ AGS recipes and sample

Location:
Lawrence County
Cooperative Extension
249 Industrial Park Rd
Louisa, KY 41230
606-673-9495

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.



CALLING ALL SENIORS!

(However, ALL ages are welcome!)

Would you or someone you know be interested in a new program called Bingocize? The Lawrence County Extension Office could offer this program if there is enough interest from the community?

Please call the office and let us know if you would like to be involved 673-9495.

It could be a fun new way to be more active.

When? Class would meet once a week, during the day or evening.

Time? 1 hour



Where? LC Cooperative Extension Office



Joining would be **FREE!**

What is it?

Bingocize® is a 10 week health promotion program that combines the game of bingo with fall prevention and strengthening exercises.



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Lexington, KY 40506



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4-H CLUBS



Lawrence County



4-11



A place for those "Not quite 4H'ers"

ages 5-8!

5:30pm

Fun, music, learning and all the things Cloverbuds love!

October 9th

November 13th

January 8th

February 12th

March 12th

April 9th

249 Industrial Park Rd, Louisa, KY

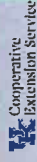
41230

Contact Maelyn Dotson: 606-673-9495

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



**Lawrence County 4-H
Livestock & Horse Club**

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

MEETING DATES:

SEPTEMBER 18TH

OCTOBER 16TH

NOVEMBER 20TH

DECEMBER 11TH

JANUARY 15TH

FEBRUARY 19TH

MARCH 19TH

APRIL 16TH



WELCOMING NEW MEMEBERS ANYTIME!!

ANY QUESTIONS, CONTACT MAELYN DOTSON

606-673-9495
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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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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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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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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Adobe Stock

