

FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER
NOVEMBER EDITION

 Cooperative
Extension Service



Lawrence County
294 Industrial Park Rd.
Louisa, KY 41230
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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

INSIDE THIS ISSUE:

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Facebook:

@LawrenceCounty4-H

@LawrenceCountyCooperative
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Agriculture and Natural Resources
Family and Consumer Sciences

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EXTENSION EVENT CALENDAR

November
2025

MON	TUE	WED	THU	FRI	SAT	SUN
					Quilt Guild 12:00pm	1
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
10 Diabetes Support Group 5:00pm	LCDB 4:30pm Master Gardener Certification Class 11 6:00pm Master Gardener 6:00pm	11 Sunshine Homemakers 10:00am Cooking through the Calendar 12:00pm	12 Fallsburg Homemakers 11:00am 4-H Cloverbud Club 5:30	13	14	15
Dennis-Green Valley 5:30pm	17	18	19	4-H Horse & Livestock Club 6:00pm	21	22
24	25	26	27 Happy Thanksgiving	28 SORRY WE'RE CLOSED	29	30

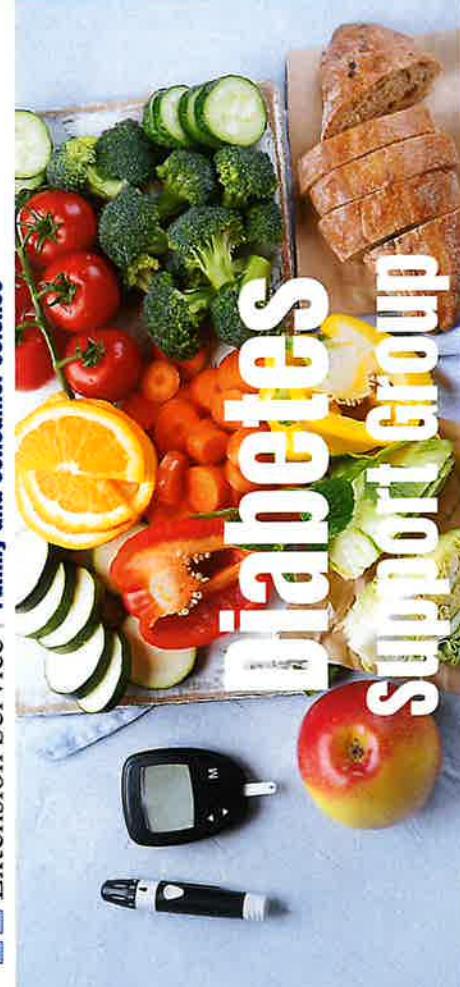
NOVEMBER IS
NATIONAL
ADOPTION
MONTH

YUMMMY

Cooperative Extension Service

Lawrence County Family and Consumer Science

Lawrence County Extension Office



Lawrence County Extension Office

249 Industrial Park Rd, Louisa KY 412310

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

Relaxed, fun group setting

- ✓ Diabetic approved recipes
- ✓ Nutritional Information
- ✓ All ages
- ✓ FREE

We're Back!

Excited to kick-off this new year of support!



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

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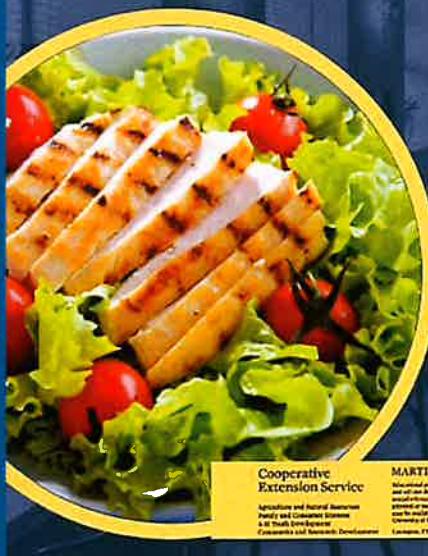
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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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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TOPICS COVERED

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

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!

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

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



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.

What is it?

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

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

Time? 1 hour



Where? LC Cooperative Extension Office



Joining would be FREE!



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Lexington, KY 40506



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4-H CLUBS

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Lawrence County 4-H Livestock & Horse Club

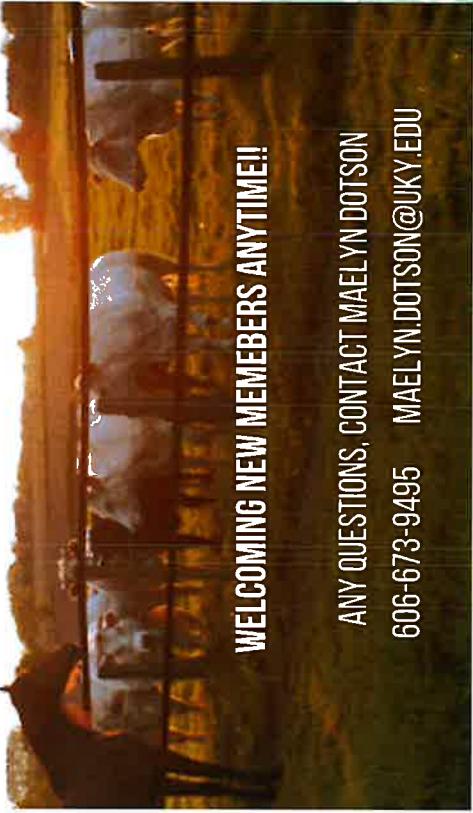


HORSE & LIVESTOCK CLUBS WILL MEET AT
6:00PM @ LAWRENCE COUNTY EXTENSION OFFICE

MEETING DATES:

SEPTEMBER 18TH
OCTOBER 16TH
NOVEMBER 20TH
DECEMBER 11TH
JANUARY 15TH
FEBRUARY 19TH

MARCH 19TH
APRIL 16TH



WELCOMING NEW MEMBERS ANYTIME!!

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

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Lawrence County



A place for those "Not quite 4-H'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, Louisville, KY
41230

Contact Maelyn Dotson: 606-673-9495
maelyn.dotson@uky.edu

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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)

Lawrence County Extension Office
294 Industrial Park Rd
Louisa, KY
41230

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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Adobe Stock

