


Trimble County Extension November 2025 ~ Newsletter

 Cooperative
Extension Service

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

Trimble County Cooperative Extension
43 High Country Lane
Bedford, KY 40006 ph 502.255.7188
webpage: trimble.ca.uky.edu



YOUTH SEWING CLASS

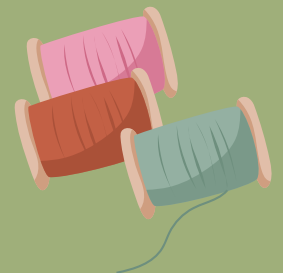
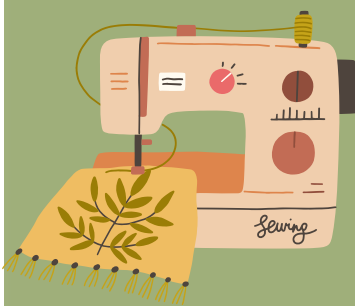
November 8, 2025
9:00 a.m. to noon
Youth ages 7 - 12 years

Trimble County Extension Service

Come learn basic sewing
skills. First project will be
a pillow case.

Bring your own machine,
or use one of ours.

Must rsvp: (502) 255-7188



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506.



Disabilities
accommodated
with prior notification

Trimble Thimbles Sewing Group

Trimble County Extension Service
9:00 a.m. ~ 2nd & 4th Saturday of each month
November dates: 11/8 & 11/22
New or experienced - All are welcome!



2025 Homemaker Annual Dues

You are invited to renew your membership and support your local homemaker club. Dues are \$15.00 with a portion of the local dues going to the University of Kentucky Ovarian Cancer Screening Program.

You may pay in person at the Extension office or mail to:
Trimble County Homemakers PO Box 244 Bedford, KY 40006

Celebrating KEHA Homemaker Week!



Farmers Market

Homemaker Proclamation at the Courthouse



Annual Meeting



Thanks to all who supported us through the Tiki Taco fundraiser!



Planning Holiday Meals on a Thrifty Budget

The holidays are a time for joy, togetherness and sometimes, tight budgets.

Join us, **Tuesday,**
December 2, 2025
6:00 p.m.

at the Trimble County Extension Service

for *Planning Holiday Meals on a Thrifty Budget*, a fun and informative program that will help you make the most of the season without overspending.

We'll share:

- Smart Strategies for planning affordable holidays meals
- Creative, inexpensive gift ideas
- Tips to simplify your holiday planning and reduce stress

Whether you're hosting or contributing a dish, this session will help you stretch your dollars while keeping the holidays meaningful and festive.

Call to rsvp (502) 255-7188 by 12/1



4-H HORSE CLUB

TUESDAY, NOVEMBER 11 ~ 6:00 PM
HORSE & NON-HORSE OWNERS WELCOME
TRIMBLE COUNTY EXTENSION SERVICE



4-H LIVESTOCK CLUB

TUESDAY, NOVEMBER 18 ~ 6:30 PM
TRIMBLE COUNTY EXTENSION SERVICE
COME JOIN US! MANY MEMBERS WILL BE SHARING
THEIR YOUTH AG INVESTMENT PROJECT PRESENTATION!

“ITS YOUR REALITY”

FRIDAY, NOVEMBER 14
IN-SCHOOL PROGRAM: TCHS JR/SR HIGH SCHOOL GYM
8TH AND 10TH GRADES
8:30 A.M. TO 12:30 P.M.

ITS YOUR REALITY PROGRAM IS AN ACTIVE, HANDS-ON,
REAL-LIFE SIMULATION WHICH GIVES YOUNG PEOPLE THE
OPPORTUNITY TO EXPLORE CAREER OPPORTUNITIES AND MAKE
LIFESTYLE AND BUDGET CHOICES SIMILAR TO THOSE ADULTS FACE
ON A DAILY BASIS.

VOLUNTEERS NEEDED!!!

PLEASE CONTACT THE TRIMBLE EXTENSION
SERVICE IF YOU ARE AVAILABLE TO HELP!
(502) 255-7188



Country Ham Project



Trimble County Extension Service
Open to 4-H Youth and Adults

Participants will take raw hams through the curing process. Project meetings will take place at the Trimble County Extension Service beginning in January 2026. Participants can plan on two hands-on sessions, then pick up in mid summer. Youth participants will give a presentation at the Kentucky State Fair and enter a ham for judging.

Cost:

\$55 for adults (1 ham)

\$75 for Youth (2 hams)

**Deadline to pay and sign up is
December 10, 2025. Questions call (502) 255-7188**



Why Volunteer for Kentucky 4-H

- Kentucky's 4-H program wouldn't exist without the support of our thousands of volunteers.
- 4-H volunteers help to coordinate clubs, projects, and events.
- Contact your county 4-H agent or Extension office to find out about volunteer opportunities.



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



National 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.

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Lexington, KY 40506



Celebrations often mean
sitting for long periods.

Physical activity helps
manage blood sugar.

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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:

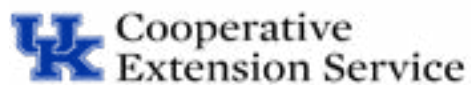
- <https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>
- <https://www.wakehealth.edu/stories/tips-on-managing-diabetes-during-the-holidays>

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Stock images: Adobe Stock



Trimble County
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43 High Country Lane
Bedford, KY 40006-0244

RETURN SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE PAID
BEDFORD KY
PERMIT 11

Happy Thanksgiving
Office Closed:
November 27 & 28

Scan here to
visit our webpage!

