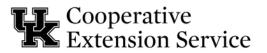
NEWSLETTER



ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

INSIDE THIS ISSUE

IMPORTANT

DATES

Robertson County Cooperative Extension 39 E Walnut Street P.O. Box 283







Tasty Tuesday

Cloverbud Meeting

Cooking Through the Calendar

Homemaker Meeting

Herb Class 101

CEC Meet -n- Greet

Read, Laugh & Learn

Crafts & Crumbs

April 9

April 9

April 11

April 15

April 18

April 22

April 24

April 29



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 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







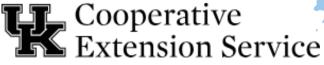
SAVOR THE FLAVOR

Robertson County Extension Presented the program Savor the Flavor: Cooking with Herbs at Farm and Family Night on March 5, 2024. Farm and Family Night was held at the Maysville Community & Technical College. Those in attendance learned about herbs and how to incorporate herbs into their cooking. Those in attendance also were given the opportunity to make their very own Italian Herb blend to take home.

Class attendees gave comments such as:

- "I will definitely try new uses for herbs"
- "I learned how to measure dried vs. fresh"
- "I loved the presenter"
- "I learned how to grow and use fresh herbs"









The Robertson County Extension Service has multiple councils that help agents determine the programming needs of the county. The County Extension Council serves a crucial role in our operations. We are always looking for dedicated individuals who may be willing to serve on this council to help the betterment of Robertson County Extension. The meetings are quarterly and occur in the evenings. If you would be interested in serving, please reach out to Samantha Saunders or Britney Poe. We hope to see you at our open house on April 22nd.

Janice Shepherd is a member of the Robertson County Extension Council and has been for several years. She enjoys being on the council because she gets to be a part of helping to decide the programming and fund raisers, "It's an opportunity first-hand to hear what our agents are doing. They just don't sit in the office. We need more individuals who would be interested in being a part of this council who can bring more ideas. I enjoy being a part of something that actually makes a difference, and it's FUN!"



COMMUNITY
MEET -N- GREET

APRIL 22 @ 5:00 P.M. Robertson County Ext. Office

Janice

Cooperative Extension Service

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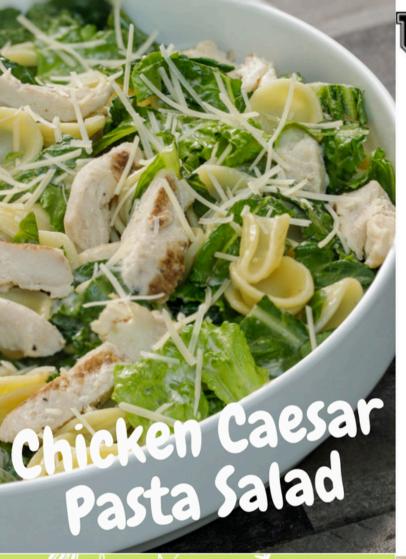
COOKING **THROUGH** THE **CALENDAR APRIL 11** 11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.





Cooperative Extension Service CRAFTS & CRUMBS April 29

Robertson County Extension Office

6:00 p.m.

Call to Register

606-724-5796

Limited to 12 Spots

Class Cost: \$50.00

Includes all material and instructions.

Registration must be paid by April 8

(NO EXCEPTIONS)





Cooperative Extension Service

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

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ROBERTSON COUNTY HOMEMAKERS PRESENT:

erps 101

APRIL 18 6:00 P.M.



Growing an Herb Garden

Growing an herb garden can be an exciting way to begin your spring. Many herbs can be grown year-round. Annual herbs, such as anise, sweet basil, chervil, dill, and sweet marjoram, are usually started in the spring from sown seed and harvested in the fall.



From Garden to Kitchen

Harvest herbs by snipping off flowers or leaves, preferably early in the morning. The maximum flavor of the herb is highest right after the dew disappears. When you have usable leaves, clip the plants back so they



Cooking with Herbs

Cooking with herbs is an excellent way to give extra interest to the natural flavor of food without using extra fat or sodium.

EVERYONE IN ATTENDANCE WILL RECEIVE FREE HERBS TO GROW AT HOME AND A DRIED ITALIAN BLEND.

Lexington, KY 40506



Robertson County **Extension Office**

606-724-5796

Cooperative **Extension Service**

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

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FAMILY CAREGIVER Cooperative Extension Service

ALTH BULLETIN



MARCH 2024

of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: Download this and past issues content/health-bulletins http://fcs-hes.ca.uky.edu/

606-724-5796 Mt. Olivet, KY Extension Office Robertson County 39 East Walnut Street

THIS MONTH'S TOPIC

SANDERS-BROWN CENTER ON AGING LEARN MORE ABOUT UK'S



class center hosts a wide variety of disease and related dementia. disorders, including Alzheimer's and age-related neurodegenerative advance research in healthy brain aging for people to learn more about and It also provides clinical opportunities to research, education, and outreach laboratories and scientists dedicated was established in 1979. The worldhe University of Kentucky's Sanders-Brown Center on Aging

one the original 10 Alzheimer's supported by the National Institute disease research centers federally In 1985, Sanders-Brown became

Continued on the next page



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative

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

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https://medicine.uky.edu/centers/sbcoa or call (859) 323-5550 To learn more about UK's Sanders-Brown Center on Aging, visit



Continued from the previous page

cure Alzheimer's disease and related dementias. at the ADRC are often seeking volunteers to help disease processes and test new therapies. Scientists cognitive impairment, the UK ADRC also provides on the pathologic transition from brain health to on Aging. Today the UK Alzheimer's Disease them find ways to slow, prevent, and someday, clinical trials so researchers can better understand patients with cognitive impairment, and offers clinical and neuropathological diagnoses, care of leading centers on aging. In addition to its focus Research Center (UK ADRC) is one of the nation's

guiding the direction of future treatments. that encourage the health and overall well-being of Services, the director of the National Institutes of of the U.S. Department of Health and Human of Sanders-Brown since 2010. She was recently aging adults. In addition to Dr. Van Eldik's leadership Eldik helps champion aging research and initiatives Health, and the director of the National Institute on honored with an appointment to the National Association and Alzheimer's Foundation of America serve on national boards including the Alzheimer's several Sanders-Brown Center on Aging researchers Aging. In Kentucky and across the country, Dr. Van year term, Dr. Van Eldik is helping advise the director eaders and researchers in the field. During her four-Advisory Council on Aging to work with notable Director Linda J. Van Eldik has served as director

> uky.edu/centers/sbcoa or call Sanders-Brown Center on Aging at (859) 323-5550 Sanders-Brown website at https://medicine. or a family member could participate, visit the opportunities, and clinical trials in which you educational outreach, caregiver support, donor the ADRC's core components, ongoing research, To learn more about Sanders-Brown,

Markesbery Symposium on Aging and Dementia the Mind Matters Sanders-Brown Publication on Sanders-Brown Annual Mind Matters Health Fair, Aging, Family Caregiver Workshops, and the annual Be sure to also ask for information about the

SOURCE:

April Staufer, Sanders-Brown Program Coordinator Tel.: (859) 323-6316; Email: alproc0@uky.edu

REFERENCES:

brown-center-aging-director-appointed-national-council UK Sanders-Brown Center on Aging Website. Director Appointed to National Council. Retrieved January 18. UK Research. Feb. 2022. UK Sanders-Brown Center on Aging 2024 from https://www.research.uky.edu/news/uk-sanders

https://medicine.uky.edu/centers/sbcoa

HEALTH BULLETIN

Adult Development and Aging Written by: Amy F. Kostelic

Stock images: Adobe Stock Edited by: Alyssa Simms Designed by: Rusty Manseau

