


NEWSLETTER

 Cooperative Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

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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. Lexington, KY 40506




Disabilities accommodated with prior notification.

SEE YA

Around Town

Mount Olivet

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"



Homemade With Love
**Italian
Blend**

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PLAN.
EAT.
MOVE.



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MEET *your* CEC *Members*

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!"



Janice

COMMUNITY
MEET -N- GREET

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

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Lexington, KY 40506



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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.

LENTIL SLOPPY JOES





Chicken Caesar Pasta Salad

UK 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)



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**ROBERTSON COUNTY HOMEMAKERS
PRESENT:**

Herbs 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 will fill out.



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.**

REGISTER NOW

📍 Robertson County
Extension Office
☎️ 606-724-5796



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HEALTH BULLETIN



MARCH 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>

Robertson County
Extension Office
39 East Walnut Street
Mt. Oliver, KY
41064
606-724-5796

THIS MONTH'S TOPIC

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



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

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

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



Continued from the previous page →

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

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

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

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

SOURCE:

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

REFERENCES:

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

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
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Adult Development and Aging
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Stock Images:
Adobe Stock



READ LAUGH LEARN

Ages 3-5
Robertson County Public Library
March 20@ 5 p.m.

TOPICS: Rainbows
Greeting: Build by Color
Story: Rainbow
Craft: Painted Dot Rainbow
Snack: Rainbow Fruit Salad
Fine Motor: Color Tracing

606-724-5746

Call the Library to Register



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